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ISSUE 955 15 - 21 APRIL 2013

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

'THIS IS OUR HOME NOT JUST A HOUSE'

BY SUSAN MULLIGAN

THE mother of a disabled man from Stepney Green is calling on the government to rethink its welfare reforms.

Sharron Currie, 57, is losing £15 a week from her housing benefit as she has a spare room in her home.

Her son Danny, 34, has severe cerebral palsy and other complex needs, and Ms Currie is his full-time, unpaid carer.

"We have lived in our home for 31 years, and the council has adapted it during that time to support Danny's needs," Ms Currie explained.

"In 2008, we were given an extension with a bathroom and a bedroom on the ground floor. It means that my son can be as independent as he can be.

"We are losing £15 per week of our housing benefit because the government says that we have a spare room. It doesn't sound like a great deal, but when you only have £100 per week, it is a lot of money."

She said they would either have to cut down on electricity and gas to heat their home or spend less on food.



Danny in his downstairs bedroom

The cut in benefit is due to the new 'bedroom tax' – under which tenants with spare bedrooms are paid less housing benefit.

Ms Currie, who is the chair of Tower Hamlets Carers' Centre in Brayford Square, Stepney, added: "I feel as though I am being punished for being Danny's carer.

"The government seems to think I can just move to a smaller place – but I can't.

"I am really lucky with the help and support I get from my local community and neighbours. I won't be able to count on that if we move.

"And this isn't just a house, it's our home."

She said in the long run it could cost the government more money in caring costs, because if they had to be evicted, Dan-

ny would end up in a care home.

"Apart from the thousands that will cost, I don't want to think about the emotional cost to him and me – it would be a disaster," Ms Currie said.

"The 'spare room' tax is unfair. If you are a foster carer or in the armed forces, you are exempt from it. Why are unpaid carers being penalised?"

A spokesman for the Department of Work and Pensions, said: "The government has provided Tower Hamlets with £2.2m in the coming year to help residents affected by the benefit changes.

"Residents should contact the council about this support."

Continued on page 3



Sharron Currie, with son Danny

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News

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Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Flying doctors are set to become TV heroes

BY JESSICA ODUBAYO

MEDICS from London's Air Ambulance and the Royal London Hospital are being followed by camera crews as part of four television programmes that started last week.

The Channel 5 series *Trauma Doctors* shows the specialist group of clinicians making the split second decisions and actions that can make the difference between life and death.

Interviews with the doctors, both on the scene and afterwards, give viewers a rare insight into their thoughts and decision-making processes.

The battle for a patient's life starts within minutes of their injury when London's Air Ambulance arrives at the scene to deliver advanced medical procedures.

It continues with their hospitalisation and subsequent treatment at the Royal London Hospital, Whitechapel, where the team is also based.

Heading the team is Dr Gareth Davies, one of the UK's leading trauma specialists, medical director of London's Air Ambulance and emergency medicine consultant at Barts Health NHS Trust.

"Trauma Doctors will give viewers an insight into the medical care provided by London's Air Ambulance," he said.

"We only attend the most



Dr Gareth Grier, Dr Gareth Davies, Dr Simon Walsh and Dr Anne Weaver on the Royal London helipad

Photo: Channel 5

serious trauma cases in London and are renowned worldwide for our medical excellence.

"Most people do not realise that we deliver the emergency room to the patient so, by giving

people a snapshot of what we do, we hope that one day everyone in the UK will receive similar levels of care."

Barts Health clinical director for emergency medicine Dr Malik

Ramadhan, who also appears in the programme, said: "The opening of the new Royal London Hospital last year has allowed us to combine one of the UK's leading medical and nursing trauma structures with the facilities to provide world class care.

"The new trauma system in London means that severely injured patients are only taken to hospitals with the expertise to deal with a very complicated group of patients. The Royal London was one of the first hospitals in the UK to develop a formal trauma system.

■ **Trauma Doctors** is on Channel 5 on Thursdays at 9pm.

RUN for London's Air Ambulance at the Regent's Park Superheroes fun run on May 19.

No previous experience is required and you get a superhero costume for free!

There is a booking fee of £20 and you must pledge to raise £100 for the air ambulance.

Alternatively you can take part in the Bupa London 10,000, taking place at The Mall on May 27.

Registration costs £35 and the Air Ambulance is asking for a £150 minimum sponsorship.

The charity has guaranteed entries available for both – to reserve your place email l.dixon@londonairs ambulance.co.uk

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soundtalking

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My memories of the Iron Lady

“For 15 years as party leader she addressed the annual dinner of Conservative agents. Every time she would not meet dignitaries until she had shaken hands with every person serving the meal.”

CLLR PETER GOLDS (PICTURED) REMEMBERING BARONESS THATCHER

Get advice now

If you are worried about the impact of the benefit reforms, call the council's benefits service on 7364 5001 or go to...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

News



MUDCHUTE Farm on the Isle of Dogs provided hours of amusement during the Easter holidays, including fun days on April 3 and 10. Children took part in arts and crafts, and painting. They also met farmers at work and helped feed animals. The farm has recently welcomed new chicks and lambs. For further information about activities at Mudchute, visit www.mudchute.org/events/whats-on Isabella is pictured (left) with a young lamb.

News in brief

Man escapes fire

FIREFIGHTERS helped a man escape a fire at his flat in Swanfield Street, Bethnal Green in the early hours of Friday, April 12.

The fire damaged a large part of the ground floor flat and London Ambulance Service took the man to hospital suffering from smoke inhalation.

Four fire engines from Whitechapel and Shoreditch fire stations attended the scene.

Crew manager Ben King, from Shoreditch fire station, said: “The flat was very smoky when we arrived, and the sofa was alight. Crews tackled the fire quickly and ensured it didn’t spread. We believe the fire was caused by a cigarette, which had been left smouldering in the living room after the man went to bed.”

Mugging appeal

POLICE investigating an assault and attempted robbery in Mile End on Friday, April 5 have arrested two people.

Two men were hit with bottles and punched as they were making their way home just before midnight.

They were walking near the Burdett Road junction, close to Mile End station, when the attackers attempted to steal their phone and wallets.

Officers from British Transport Police, who were dealing with a separate incident at Mile End station, were alerted and intervened as they left the station.

Witnesses should call the police on 101.

Councillor leads tributes to Baroness Thatcher

BY JESSICA ODUBAYO

THE leader of the Conservative group on the council has paid tribute to Baroness Thatcher, who died last Monday, April 8.

Cllr Peter Golds said of the former Prime Minister: “Margaret Thatcher was a remarkable politician who defined an era and never lost an election.

“Like many great figures, and

she was a great figure, she divided opinion, although as a poll showed this week, half of the population rate her the greatest ever Prime Minister.

“In my political work I came across her on many occasions. For 15 years as party leader she addressed the annual dinner of the Conservative agents.

“Every time she arrived, she would not meet dignitaries until she had shaken hands with

every person who would be serving the meal.”

He said, locally, the success of Canary Wharf and Docklands was a testament to Baroness Thatcher’s political achievements, a sentiment echoed by Sir George Iacobescu CBE, chairman and chief executive officer of Canary Wharf Group.

Mr Iacobescu said: “She not only accepted change but drove it and recognised the need to

harness the power of the global market rather than try to hold it back.

“More than 100,000 people now work at Canary Wharf which he said had helped regenerate a large part of east London and attracted foreign business and investment to the UK.

“Several years ago Margaret Thatcher revisited Canary Wharf and was visibly excited to be back among what she

regarded as part of her legacy.”

In a tribute on its website Bethnal Green and Bow Conservative Association wrote: “As a shaping force in British politics, economy and society, Margaret Thatcher was the most potent and transformative prime minister of the 20th century.”

Baroness Thatcher’s funeral is due to be held on Wednesday, April 17, at St Paul’s Cathedral.

Changes to have ‘significant impact’

Continued from page 1

The government’s welfare reform measures include changes to disability benefits, and, in the longer term, the introduction of universal credit.

From June 2013, the government will change the disability living allowance (DLA) benefit to the personal independence payment (PIP) for ‘working age adults’ aged 16 to 64. It has said children under 16 will continue to be eligible for DLA for now.

People will be assessed for PIP,

taking into account the degree of difficulty they have in completing daily living activities and getting around out of doors.

People claiming the DLA or PIP are not exempt from the ‘bedroom tax’ although the government is making an additional £30 million of discretionary funding available this year to protect the most vulnerable.

It has also announced that families with a child or children with severe disabilities may be exempt if the bedroom is re-

quired by the disabled child.

Families in Tower Hamlets whose children are eligible for any component of DLA will be receiving letters from the council about this initiative.

The council will then need to satisfy itself that the disabilities of the child are ‘severe’ in line with government guidance.

Mayor Lutfur Rahman said, “Although the DWP’s contribution of £2.2m for discretionary grants is welcome, the government’s welfare reform mea-

sures have just cut £14 million from the benefit economy in Tower Hamlets.

“This is a devastating loss that will impact on thousands of families in the borough. We will continue to do all that we can, locally, to protect those who are most vulnerable from the impact of these changes.”

Cllr Rabina Khan, cabinet member for housing, added: “Residents will have to make serious decisions about their families’ and their own futures too.”

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Share your race tales

If you're taking part in this year's marathon, we would like to hear all about the pain and the glory. Email...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK



An awful lot of litter left behind

As well as clearing spectators' litter, the waste services team has to deal with about a quarter of a million water bottles and thousands of orange segments dropped by the runners.

News

Cycle with the world's best

MOORFIELDS Eye Charity is giving cyclists the chance to follow in the tracks of Britain's finest and join the RideLondon-Surrey 100 race this summer.

On August 5, 20,000 amateurs will lead out the world's top cyclists in a modified version of the London 2012 Road Race.

And the charity is asking people to raise money for the world-famous eye hospital, in City Road, EC1, which has taken 75 places for the event for each of the next three years.

The ride starts in the Olympic Park, heads through Tower Hamlets on its way to Surrey, then returns to London for a grandstand finish in The Mall.

To take part, email eyecharity@moorfields.nhs.uk or call 7566 2565.

Marathon clean-up effort

BY SARAH MCLAUGHLIN

THE Virgin London Marathon returns to the borough on Sunday, April 21 and will see about 30,000 competitors pounding the streets, many of them raising money for charity.

With around 11 of the course's 26.2 miles in Tower Hamlets, council officers have been busy making sure the route is in tip-top shape.

The borough plays an important role in hosting the event, with runners passing landmarks such as Tower Bridge, Canary Wharf, St George's in the East church and many more.

In advance of the race, the

council has inspected 12 miles of roads and pavements looking for – and repairing – broken railings, potholes and uneven paving which could cause injury to runners or spectators.

And on the day the team will work with contractors from 4am to make sure traffic management goes smoothly.

This includes putting around 2,000 cones in position and organising road closures and diversions.

Street cleaning is also a big part of the borough's marathon preparation.

Working closely with council contractors Veolia Environment Services, the waste services team has the task of cleaning the streets before the event



Tens of thousands of water bottles are handed to runners

and then leading the huge clean-up that follows afterwards.

Mayor Lutfur Rahman said: "We were incredibly proud to

be a host borough for last year's London 2012 Olympic and Paralympic Games, and we are once again pleased to be hosting a large part of

this year's marathon race."

CLlr Shahed Ali, cabinet member for environment, said: "The council works hard to ensure that roads are in a good condition for runners and spectators of the marathon."

"Our cleansing services will ensure that the borough is looking at its very best with the eyes of the world watching the marathon."

The Virgin London Marathon will involve extensive road closures across the borough, including Wapping, the Isle of Dogs, Poplar and Shadwell with very limited egress available.

For more information about road closures visit www.virginlondonmarathon.com or www.towerhamlets.gov.uk

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The Anna Fiorentini Theatre & Film School for 4-18 years

The Docklands, Hackney, North London and Bethnal Green branches of the award-winning Anna Fiorentini Theatre & Film School are taking applications for next term and Taster Days.

The school originally opened in Hackney in 2001 and now has over 250 students aged 4-18, many of whom have gone on to secure professional work on TV, Film and in theatre. Examples include Charlie Jones and Belinda Owusu, who played Ben Mitchell and Libby Fox in EastEnders and Tahj Miles who currently plays Simba in the West End's The Lion King.

As well as providing professional training, the aim of the school is to also provide a safe and supportive environment for all children to explore

their creativity regardless of what career path they eventually choose to follow.

Every week students follow a timetable of drama/film, dance and singing under the guidance of top industry professionals. As well as weekly classes, students are given the opportunity to take part in Voice Idol, Drama and Stars in their Eyes competitions, culminating in a yearly Oscar Night.

The school has recruited some excellent teaching staff including: Mike Burnside (actor in The Bill, Bergerac, the RSC), Mark Short (choreographer to Tina Turner, Peter Andre, Liberty X), Michael Buffong (director of EastEnders, Holby City, Casualty and Coronation Street), Jacob Murray (former associate artistic director of the Royal

Exchange Manchester and teacher for National Theatre's educational Department) and Jay Henry (X-Factor coach and voice coach having worked with Craig David, Mariah Carey and George Michael to name but a few). Celebrities such as Joseph Marcell (Jeffery in Fresh Prince of Bel Air) and Dani Harmer (Tracey Beaker), have also been amongst special guests to give master classes at this prestigious school.

Students get to work with a variety of casting directors, producers and TV directors. They also get the opportunity to be considered for the agency to audition for professional work.

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Celebrating the Patron Saint

The Feast of St George is celebrated on April 23 every year. It is traditional to wear a red rose and the hymn Jerusalem is sung in churches and chapels on the Sunday closest to the date.

SEE BELOW

No to Hate Crime

Nail bomb attacks took place in Brixton, Brick Lane and Soho. The attack on Soho's Admiral Duncan pub killed three people.

www.17-24-30.com

News

A TRADITIONAL day of merriment and a tea dance will be held to pay homage to the patron saint of England.

The council and the V&A Museum of Childhood in Bethnal Green have joined up to host free festivities to mark St George's Day.

The museum in Cambridge Heath Road will be staging a variety of old-fashioned games and entertainment, complete with a Punch and Judy show and folk dancers, on Saturday, April 20 from 11.30am-4pm. Free attractions include live music, English country dancing with the Muckers, craft workshops and delicious cakes courtesy of the East End Women's Institute. No booking is necessary, just turn up on the day. For more details call 8983 5200.

For the over-50s, there will be an afternoon tea dance at the Brady Arts & Community Centre in Hanbury Street, Whitechapel on St George's Day itself, Tuesday, April 23. There will be live music from The Sunshine Kings who will be playing hits from the 1930s and 1940s plus modern day tunes, and dance leader Tony Lane will be encouraging residents to get on the dance floor. The hall will be decorated with spring flowers and bunting to mark St George's Day, and tea will be provided. The runs from 2-4.30pm. Admission is free,



A brass band played at last year's celebrations

but it is essential to book in advance – call 7364 7916 between 9.30am and 1pm or email festivalsandevents@towerhamlets.gov.uk Cllr Rania Khan, cabinet member for Culture added: "St George's Day provides a great opportunity to bring

the community together through a range of fun events which also attract visitors to our borough."



Residents enjoying a tea dance at the Brady Centre

Seven years for indecent assaults

A FORMER council social worker has been jailed for eight years for seven counts of indecency against a ten-year-old girl and her mother.

Soifar Rahman, 59, of Wembley, north west London, carried out the offences during a visit to the family's home in 1997.

He was convicted of seven counts of indecent assault after a trial last month.

Sentencing him last Wednesday, April 10, Judge Simon Freedland said: "This was a gross and blatant breach of trust with many and varied aggravating factors."

DC Seb Hough, the officer leading the case, said: "The courage of the victims in coming forward should be acknowledged."

Rahman escaped a longer sentence after the court heard he has a life expectancy of just seven years after kidney failure left him on dialysis.

He was sentenced to four years and six months in respect of the three counts of sexually abusing the child with three-and-a-half years consecutively for sexually abusing the mother.

He was dismissed from Tower Hamlets Council in 1999 in relation to an unrelated allegation.

Gym coach abused children over 40 years

BY STAFF REPORTER

A GYMNASTICS instructor who coached children in Tower Hamlets has been given a suspended prison sentence for sexually abusing seven girls over a 40-year period.

Bob Bellew, 66, of New Cross, south London, was sentenced at Snaresbrook Crown Court last Thursday, April 11 to 15 months imprisonment, suspended for two years.

Bellew had earlier admitted eight of 17 charges against him, involving seven victims and stretching back more than 40

years. He admitted seven counts of indecent assault and one of sexual touching.

He was sentenced to nine months imprisonment for two of the offences – to run concurrently – and six months imprisonment for each of the six remaining offences, also to run concurrently.

The respective sentences of nine and six months are to run consecutively, totalling 15 months.

He was also made subject of a Sexual Offence Prevention Order. The other charges are left to lie on file.

The court heard that Bellew

formed a gymnastics club in the early 1970s when he was a primary school teacher in New Cross. Five of the victims date from that period, when they were aged between six and 11.

Two other victims – teenagers at the time – were abused by Bellew while he was the chief coach of Tower Hamlets Schools Gymnastics and Dance Display Team from the mid-1990s to 2010.

Detectives began inquiries in early 2011, after some of the victims came forward.

Bellew was arrested on December 21, 2011 and bailed, before being further arrested

after new allegations surfaced. He was subsequently charged.

DC Lewi Fenton of the Metropolitan Police child abuse investigation team, said: "We must pay tribute to Bellew's victims who had the courage to come forward."

"His abuse has affected them into their adult lives, and we hope today's sentencing will bring some form of closure for them. Bellew is now paying for his crimes which stretched across the decades."

The officer urged anyone who may have been assaulted by Bellew to contact their local police station or call 101.

In memory of bomb victims

AN act of remembrance to mark the anniversary of the Brick Lane nail bomb attack in 1999 will be held on Wednesday, April 24.

Visitors will gather opposite the police station at 6pm to light candles and observe a minute's silence.

Volunteers will hand out information about the 17-24-30 No to Hate Crime Campaign group which remembers and marks the anniversaries of the London nail bomb attacks, and aims to unite communities against all forms of hate crime.

Six people were injured when a device exploded on April 24, 1999.

In July 2000, David Copeland was given six life sentences for the Brick Lane attacks and nail bomb attacks in Brixton and Soho. Visit www.17-24-30.com

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7364 5014

How to contact Mayor Rahman

The mayor's web pages can be viewed at www.towerhamlets.gov.uk/mayor or email him at mayor@towerhamlets.gov.uk or call 7364 4993.

WWW.TOWERHAMLETS.GOV.UK

News from the Mayor

Bow School is one step closer

AT last Wednesday's cabinet meeting, the plans for the fantastic new Bow School came one step closer to being realised.

The new Building Schools for the Future facility, which will be relocated to Bow Lock, will have a sixth form, mixed intake and increased school places from September 2014.

This site will help us meet the needs of our growing population, which places ever-increasing demands on our schools. With education results already bucking national trends, such a welcome addition can only help the borough drive its educational standards up even further.

Next week I'll be on site to witness the first stage of demolition work at Robin Hood Gardens.

The first phase of the regeneration of Blackwall Reach will provide almost 100 of more than 1,500 high-quality homes, including around 700 for social rent and shared ownership.

While I am absolutely committed to us moving forward as a borough, this doesn't mean forgetting what makes us who we are.

Next Tuesday is St George's Day. There will be some fantastic free events at the Museum



LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

of Childhood this Saturday (April 20), where you can enjoy traditional games, folk dancing and a Punch and Judy show.

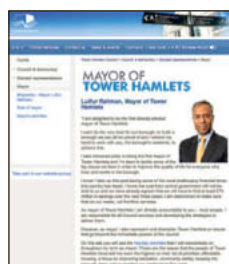
On St George's Day, we'll once more be holding our popular tea dance for the over-50s at Brady Arts and Community Centre. For more details, visit our website.

By the time you read this I will have had the honour of presenting a trophy to the winners of the third Mayor's Cup.

On Sunday, April 14 the winners will be decided and I wish the best of luck to everyone involved. Look out for pictures in next week's East End Life.

Finally, have a very Happy St George's Day, whatever you might be doing!

Mayor Lutfur Rahman



TOWER Hamlets residents can get money off Park in Progress tours of the Olympic Park. Reduced rates are available for afternoon tours, subject to availability. Bookings can be made at NoOrdinaryPark.co.uk

Enter the promotional code MyPark when booking, to claim your reduced price tickets. This does not apply to any timeslots before 2pm. Take along proof of your address with you when you visit.

Adoption process praised

BY IAN READ

THE amount of time children have to wait for adoption in Tower Hamlets is one of the lowest in London, according to latest government figures.

An adoption 'map' published by the Department for Education and Skills last week compared the average time children wait to be adopted in different areas for the three-year period up until the end of March 2012.

The adoption maps showed Tower Hamlets was one of six London boroughs in the top category, meaning the wait was between 405 and 555 days – on average 521 days.

But Mayor Lutfur Rahman stressed that while it was good to place children with adoptive parents as soon as possible, finding a child the right home was the most important factor.

"While it is pleasing that Tower Hamlets has emerged as having one of the lowest adoption waits in London, I believe it is paramount to ensure children in need are found permanent, loving homes," he said. "Ideally this happens as quickly as possible but sometimes

there are complicated family circumstances, which take time to negotiate. If it is in the best interests of the child to wait until we find the best placement, then we will do so."

The council has called for more residents interested in adopting to come forward.

Cabinet member for children's services Cllr Oliur Rahman said: "Our dedicated staff work extremely hard to ensure they find the right home for children in care across Tower Hamlets.

"Our performance can only be as strong as the quality of adoptive families we have available,

so I would urge as many people as possible to think carefully about whether they can help some of the neediest children in our community."

The council is also campaigning to find more foster carers. Last month, it launched its Catch – Don't Pass campaign, with local Paralympian Bulbul Hussain, to encourage more people to become foster carers, particularly to children with disabilities and those in their teens.

For more information on adopting, contact the council on 0800 279 9850 or visit www.fosteringandadoption.co.uk

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LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

My diary

Thursday, April 4

I visited a family living in severely overcrowded temporary accommodation in Devons Road. Overcrowding hinders children's education and causes a lot of distress; this is why reducing the problem is one of my top priorities.

Thursday, April 11

I held my regular weekly surgery at the Crisp Street Idea Store. This gives me the opportunity to sit down with residents and listen to their concerns. If you would like to raise any concerns, please get in touch with my office.

Sunday, April 14

I will be presenting the trophy to the winners of the third annual Mayor's Cup in Mile End Park.

Wednesday, April 17

I will attend the next meeting of full council which will include my report, as well as the usual questions from the public and councillors.

Thursday, April 18

I will be at Robin Hood Gardens to witness the first diggers arrive on site and the first stage of the demolition process, which will help us deliver more than 1,500 new homes for the borough.



Books can raise your spirits

“Reading can relieve stress and help you to understand and manage health conditions better. I hope residents will go along to our Medicine for the Soul sessions.”

CLLR RANIA KHAN, CABINET MEMBER FOR CULTURE

Brought up to standard

“We worked closely with university staff to ensure that London Met standards were improved.”

IMMIGRATION MINISTER MARK HARPER

News

Sports days are inspiring

RESIDENTS were inspired to get fit at a series of sports days at Mile End Park Leisure Centre.

More than 140 young people headed to the Be Inspired events to challenge themselves or try a new sport for the first time.

The open days, organised by Better, the council's leisure centre operator, aimed to build on the enthusiasm generated by the London 2012 Olympic and Paralympic Games.

Challenges included beating the goalie, swimming the fastest length, shooting basketball hoops and trampolining.

Basketball player Orlan Jackman (OJ), who plays for London Lions, offered some tips.

The 6ft 7ins tall star said: “It was a great turnout.”

“I taught some of the kids who



had never played basketball before how to shoot a hoop, and they told me they would take basketball up regularly.”

Cllr Rania Khan, cabinet member for culture, added: “The Be Inspired open days were a huge

success and I am pleased so many families took part.”

Youngsters can join a basketball course for ages 5-11 at John Orwell Sports Centre in Tench Street, Wapping, from 10-11am each Saturday. To book a place

call the centre on 7488 9421.

The borough's leisure centres provide hundreds of sports courses. For details visit www.sportscourses.org or pop into your nearest centre – see details on page 33.

Take steps to better health

APRIL is Medicine for the Soul month at Idea Stores and libraries.

The council is hosting Wired for Health sessions, where you can find out about online resources, at: Idea Store Chrisp Street, on April 18 at 10am; Bethnal Green Library, on April 18 at 10.30am; Cubitt Town Library, on April 23 at 10.30am and Idea Store Whitechapel on April 24 at 2pm

Bethnal Green Library in Cambridge Heath Road is hosting three health and well-being sessions with Arthritis Care.

On April 16 there will be a care and exercise class from 11-12noon. You can also get tips on healthy eating and care on April 30 at 11am.

If you want to take your pursuit of a healthy lifestyle further, you can sign up for courses such as dance, cookery or pilates.

Reading has been shown to reduce stress and the store's hundreds of thousands of books could be ‘medicine for the soul’. If you want to read in company, book groups meet at all venues.

To find out more visit www.ideastore.co.uk

Glowing report for hospice

A CHILDREN'S hospice has been given full marks for its care of infants, children and young adults and support to their families.

Health service watchdog the

Care Quality Commission inspected Richard House, in Beckton and spoke to patients, families and staff.

The hospice scored full marks on all five standards assessed.

Uni regains its overseas licence

BY JESSICA ODUBAYO

STAFF and students at London Metropolitan University have spoken of their delight after the institution regained its licence for the admission of international students.

London Met applied for a new licence in March after its previous one was revoked by the Home Office last summer, over fears some of its international students did not have the right documentation to stay in the UK.

It means current international students will be able to complete their courses and new students from abroad can now apply.

University staff have been working with the Home Office to ensure the university has appropriate processes for recruiting and monitoring international students.

Vice-chancellor Professor Malcolm Gillies welcomed the news.



Malcolm Gillies

He said: “London Met has a long history of providing education to international students and we can now continue this.”

He added: “Students can have total confidence that our processes are stronger than ever. I thank all staff and students and in particular, international students for their patience and support.”

Nearly 5,000 international students have already applied to study at London Met for September 2013 and the university is planning a promotional tour of 17 countries.

International students at Lon-

don Met have spoken of their relief at last week's news.

Emmanuel Ekwu, from Nigeria, joined London Met in 2009 on a foundation course and is now in his final year of a BSc degree in forensic science.

He says the new licence means he now has the opportunity to stay on at London Met to study for a Masters.

“I am truly thrilled that London Met has finally got back its licence,” he said.

“My four years of studying at London Met have been fantastic and I encourage students to find a place here – it's a great learning environment.”

Immigration minister Mark Harper said inspections over the past six months demonstrated that the university had made the necessary improvements to its systems and administration.

London Met is on probation for a year, during which time it can admit as many as 1,000 overseas students.

Barts Health NHS Trust

HEALTHY LIFESTYLE PROGRAMME

FOR 12-18 YEAR OLDS ABOVE A HEALTHY WEIGHT

Get fit with girls only group physical activity and sports coaching sessions

Learn creative ways to eat more healthily and cook your own recipes

Understand yourself better and feel more confident

Learn new strategies to change your lifestyle

Access extra activities and trips throughout the year

Invite your parents to celebrate your achievements

EVERY SATURDAY FOR 10 WEEKS

START DATE: 11TH MAY 2013 11AM-1PM

ENTRY DEADLINE: 3RD MAY 2013

VENUE: OSMANI CENTRE 58 UNDERWOOD RD LONDON E1 5AW

To find out more or to book a place contact the team on:
Tower Hamlets Weight Management Service
020 8223 8485 weight.management@bartsandthelondon.nhs.uk
OC Active Healthy Lifestyle Programme is being delivered as part of a partnership between Osmani Trust and Barts Health NHS Trust, and is supported by Big Lottery Fund and Tower Hamlets Public Health.

osmanitrust.org

Useful information

Thank you for voicing concerns

News from disability organisation Real

THANK you to all who took part in our Local Voices events and survey.

More than 400 disabled people and people with long-term health conditions shared their concerns and ideas for how the council can support us, our families and our community during these difficult times.

We've submitted our report to the council and are looking forward to working with it to respond to your concerns. Watch this space for details of an event late summer explaining what changes are being made.

Welfare and benefits

We know from Local Voices that lots of disabled people, people with long-term health conditions and their families are worried about benefits and welfare changes at the moment. A wide range of changes came into effect last week, and we want you to get the help you need to understand and deal with the changes.

The rule changes are really complicated, but in this column, I'll start to explain just some of the key changes for disabled people and people with long-term health conditions.

Everyone's situation is different, so please speak to someone to find out how the changes will affect you.

Some of the main changes for disabled people are:

- housing benefit will be cut for people who have one or more 'spare' bedrooms – the so-called 'bedroom tax';
- employment and support allowance (ESA) will be time-limited (if you are in the work-related activity group);
- housing benefit and ESA won't keep up with inflation, limited to 1 per cent increases each year;
- disability living allowance will change to personal independence payment (PIP), and estimates show fewer

people will be eligible for the new payment.

Research by Demos and Scope has found that in the worst cases some disabled people may have their benefits cut by up to £4,600 a year, but it depends on when you are reassessed, and which benefits you receive.

Nationally, 42,000 disabled people, their families and carers face losing an average of £728 per year due to the 'bedroom tax'.

As well as these changes, there are cuts to social care, the introduction of a household welfare cap, closure of the Independent Living Fund, cuts to council tax benefit, and restrictions on the social fund for emergency support.

Another survey shows that Tower Hamlets will be one of the worst affected areas in the country.

Get help and information

If you or someone you know is disabled, get in touch with the following services to find out how the changes affect you:

■ Benefit Enquiry Line – DWP
Tel: 0800 88 22 00

Textphone: 0800 24 33 55

■ Carers UK Advice Line
Tel: 0808 808 7777

Email: adviceline@carersuk.org

■ Citizens Advice Bureau
Whitechapel

32 Greatorex Street E1 3NH

Tel: 7247 1050 or 0844 826 9699

Email: towerhamlets@eastendcab.org.uk

■ Island Advice Centre

Roserton Street, E14 3PG

Tel: 7987 9379

■ Financial Inclusion in Tower Hamlets – Toynbee Hall

28 Commercial Street, E1 6LS

Tel: 7392 2953

■ Tower Hamlets Law Centre

214 Whitechapel Road, E1 1BJ

Tel: 7247 8998

www.thlc.co.uk

■ Real Answers

Jack Dash House, 2 Lawn House

Close, Isle of Dogs, E14 9YQ.

Tel: 7001 2177

Email: answers@real.org.uk

or visit us at www.real.org.uk

By Mike Smith, chief executive, Real.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Tuesday each month, 11am at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. 54-86 Old Montague Street, E1. 7392 9631

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafor Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

LinkAge Plus

An initiative of the Department for Work and Pensions.

Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash,

Will Crooks Estate, Poplar High Street, E14. 7987 9379

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Holds regular events around the borough. 07976 710964 towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping

Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 fwautism@btinternet.com

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Bow Job Club

Weds, 1.30-3.30pm, free. Idea Store Bow, 1 Gladstone Place, Roman Road, E3. 7364 4332

Tower Hamlets Careers Service

Advice for ages up to 19 years. Mon-Fri, 9am-12.30pm & 1.30-5pm. Connexions Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-Operative. Tues & Thurs, 1-4pm & 6-9pm Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343 www.civicerprisecclubs.org



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

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A nationwide programme

First Pitch is a market trader start-up scheme run by the National Market Traders Federation, delivered all over the UK. Applications for this year must be submitted by Friday, April 19.

WWW.NMTF.CO.UK

A love for music

Established in 1976, Spitalfields Music stages two festivals a year and creative music projects involving local people.

WWW.SPITALFIELDSMUSIC.ORG.UK

News



Petticoat Lane is one of the markets taking part in the First Pitch scheme

Get a leg up in the market with a free five-day pitch

BY SARAH MCLAUGHLIN

FIRST-time market traders are being offered free spaces on the borough's markets during Love Your Local Market fortnight in May.

And applications for a space must be submitted by the end of this week.

The council has teamed up with First Pitch, a market trader start-up scheme, run by the National Market Traders Federation, to offer the opportunities to residents.

First pitchers will trade for free for up to five days during the fortnight of May 15 to 29. If trading goes well, they can continue to trade on the market for a further 12 months at discounted rent.

During the time they will be supported

by the federation to give them the best chance of making a go of their business.

They will be given federation membership for one year, a copy of its guidebook to market trading, and a mentor.

Mayor Lutfur Rahman said: "I am committed to getting local people into work and encouraging local enterprise. Our markets provide vital employment in the borough and I'm pleased to be supporting the First Pitch scheme."

Deputy Mayor Cllr Ohid Ahmed added: "Tower Hamlets is famed for its street markets. The First Pitch scheme is a great opportunity to try your hand at market trading and hopefully the beginning of a fruitful business venture."

Markets on offer to first-time traders are:

Bethnal Green Road, Chrisp Street, Roman Road Square and Watney Street (Monday to Saturday); Roman Road (Tuesday, Thursday & Saturday); Petticoat Lane (Monday to Friday & Sunday); and Brick Lane, Cheshire Street and Sclater Street, (Sunday).

To apply for the First Pitch start-up scheme visit www.nmtf.co.uk and follow the links for First Pitch 2013. The closing date for applications from new market traders is 5pm on Friday, April 19.

Licences are limited and issued on a first come, first served basis and also exclude the sale of fruit, vegetables and hot food. For more information about trading on the borough's markets contact the council's licensing team on 7364 1717/1707 or visit www.towerhamlets.gov.uk/markets



First Pitch is a great opportunity to try your hand at market trading."

Deputy Mayor Cllr Ohid Ahmed



© Peter Marlow / Magnum Photos

Photo book for Spitalfields' 120th

LONDON'S oldest market will celebrate a special birthday this year – and a renowned photographer has been commissioned to shoot new pictures to commemorate the event.

Spitalfields Market will celebrate its 120th anniversary and owner Ballymore Group has commissioned Magnum's Peter Marlow to produce a picture book celebrating the construction of the Victorian market, which was completed in 1893.

Over the years Spitalfields has become a focal point for artists and fashion designers, and is now recognised as one of London's top ten visitor attractions.

It houses a number of independent boutiques, award-winning restaurants, several lively bars, studios and art galleries, as well as the popular traditional market.

Held inside the grade II listed building seven days a week, the market attracts some 20,000 people each Sunday.

There has actually been a market on the site since 1638. Business flagged but was then revived by Charles II in 1682.

The area was largely rural until the 1680s, but the population boomed after the re-opening of the market and the arrival of the nearby Truman Brewery.

Success encouraged people to settle in the area including the Huguenots, fleeing persecution in France.

By 1729 the area had become a parish in its own right and Hawksmoor's Christ Church was consecrated. Irish labourers, escaping the potato famine, followed the Huguenots and went to work on the docks, while eastern Europeans and European Jews also settled locally.

Work on the market buildings, designed by George Sherrin, began in 1885.

■ Peter Marlow began his career as a photojournalist but now works for top photo agency Magnum Photos.

Undercover Spitalfields: Market Stories will be on sale in May, published by Magnum Editions. For more information visit www.magnumphotos.com

Music charity on the lookout for new volunteer trustees

A MUSIC charity is inviting residents to apply to become volunteer trustees.

Spitalfields Music is known for its high-quality programming of baroque and contemporary music, combined with a commitment to the community.

The two themes run through its biannual classical festivals and its year-round learning and participation programme.

Each year Spitalfields Music works with about 30,000 people, offering more than 100 events and 250 workshops.

The charity is part-funded by Arts Council England, the City of London

and the council, and volunteer trustees are required to advise and support the chief executive in achieving its objectives.

Candidates should have empathy for the charity's work, as well as proven ability and experience in financial management, education, community engagement, fund-raising, strategic leadership and governance, local government or marketing and communications.

Deadline for applications is May 3.

For further information visit www.spitalfieldsmusic.org.uk or email recruitment@spitalfieldsmusic.org.uk



Did you know...

Untreated high blood pressure can have serious health implications such as stroke, heart disease or kidney disease.

SEE BELOW

Local approach to health care



NHS Tower Hamlets CCG is made up of 36 GP practices in the borough. It has an elected board made up of local GPs, practice managers, nurses and senior NHS managers.

SEE BELOW

Health news

A HEALTH training programme which uses a computer controlled simulation dummy has been shortlisted for a patient safety award.

Medical staff at East London NHS Foundation Trust are able to refresh their skills using Sim Man, which can reproduce physical symptoms programmed into a computer.

It can exhibit a severe allergic reaction, a diabetic emergency, breathing difficulties, reactions to medicine poisoning and a range of medical emergencies that need a quick response.

Carol Shannon, infection control and physical health lead nurse for the trust, said: "Sim Man responds as a human would to verbal and practical interventions. He breathes, he coughs and he yells if they don't get it right. "Staff quickly forget Sim



East London NHS Foundation Trust staff with Sim Man

Man is a dummy and really engage with him as they would with a service user." Almost 200 healthcare professionals in the trust

have now attended the simulation training and reported much increased knowledge and confidence in handling emergencies.

The Sim Man training programme has earned the trust a place in the finals of the Patient Safety Awards in July.

£2.3m appeal for QMC's Neuron Pod

QUEEN Mary, University of London has launched an appeal to expand its award-winning science education centre in Whitechapel.

Since Centre of the Cell opened in 2009, around 60,000 visitors have taken part in educational programmes designed to both inspire pupils to pursue a career in the sciences and to deliver important public health messages. And its success has resulted in plans to create a second building.

The Neuron Pod will resemble a giant nerve cell as a free-standing structure next to the Centre of the Cell's current space in Newark Street.

The new pod will provide extra space for live science shows, hands-on workshops, debates, films and exhibitions.

It will also provide space for collaborations to highlight the latest advances in medical research and grab young people's interest in the subject.

But it needs £2.3 million to pay for the state-of-the-art pod and the university is appealing for public support.

Professor Fran Balkwill, director of Centre of the Cell, said: "This expansion will encourage even more people to visit and get engaged with science, medicine and technology.

"We'll be able to better provide for visitors with special needs, and improve public education in major health issues, from diabetes and obesity to heart disease, HIV/Aids and cancer."

For information email Prof Balkwill at f.balkwill@qmul.ac.uk, call 7882 3587, or visit www.centreofthecell.org/neuron

Share your views on health care

BY JESSICA ODUBAYO

PROFESSIONALS who have been handed responsibility for managing local health budgets are encouraging patients to speak out about health-care services in Tower Hamlets.

Local doctors, nurses and other health professionals who make up the new NHS Tower Hamlets Clinical Commissioning Group (CCG) are now in charge of planning, purchasing and monitoring hospital and community health services.

The group's responsibilities include cancer care to mental health and hospital operations to prescriptions for the borough's population of more than 250,000.

Dr Sam Everington, GP and chair of Tower Hamlets CCG, said: "Having decisions about health

services being driven by local clinicians will bring benefits to local people, delivering better health care for Tower Hamlets."

Jane Milligan, chief officer of Tower Hamlets CCG, said: "We will encourage and support people to make healthy choices, to live in healthy environments, and with our partners at Tower Hamlets Council, to have access to housing and employment.

"A key part of buying services is to monitor how well they are provided. This includes looking at both the quality and cost of services."

Encouraging participation from residents, Dr Everington added: "As the local leader of the NHS in Tower Hamlets, the CCG is committed to working with and listening to what community groups, partner organisations, patients and their carers think about services and using this to ensure that the ser-

vices offered meet the needs of local people.

"We can only truly monitor local services if we listen to and understand what local people think and we are committed to obtaining their feedback, particularly whether the services they use are meeting their needs.

"We will use what they say to make positive changes to the health services in Tower Hamlets."

NHS Tower Hamlets CCG encourages contact through patient participation groups at local GP practices and by holding its board meetings in public. The next meeting is in Room 5a/5b, Education Centre, Mile End Hospital, Bancroft Road, E1, at 2.30pm on Tuesday, May 7.

Feedback on services can be sent to info@towerhamletscg.nhs.uk or write to NHS Tower Hamlets CCG, 2nd Floor, Alderney Building, Mile End Hospital, 275 Bancroft Road, E1 4DG.



Blood pressure trial could change lives

AN international clinical trial involving patients at the London Chest Hospital in Bethnal Green could transform the lives of people with high blood pressure.

The team at Barts Hypertension Clinic is working with a US medical company to test a new device that could significantly improve blood pressure levels in patients in whom drugs have failed to control the condition.

If successful, the treatment could lead to a dramatic reduction in the high risk of stroke or heart attack that these patients live with.

Known as the "silent killer", high blood pressure rarely has obvious symptoms and people may be unaware they are sufferers.

The treatment being trialled involves a minimally invasive, catheter-based procedure to place a small coupler between the artery and vein in the upper thigh. The device works by reducing resistance to blood flow and diverting some arterial blood to the veins.

Mother-of-two Jackie Walker, 51, was one of the first patients to undergo the procedure last month.

"I've been living with high blood pressure for about eight years after being diagnosed with it when I was pregnant with my second child," Jackie said.

"My doctors have tried various drugs to help control my blood pressure over the years but none of them have worked and I suffered awful side effects from some, like hair loss, nausea, hives and even difficulty breathing.

"I'm hoping that after I have this new procedure done I can stop living with a dark cloud hanging over me all the time."



The confidence to grow and cook food

"The Local Food scheme enables us to help more people improve and care for the environment through the creation of growing food spaces and the planting of thousands of fruit and nut trees."

SHARON JOHNSON, CHIEF EXECUTIVE OF TREES FOR CITIES

Practical help for pupils

LifeSkills aims to make 50,000 work experience opportunities available during 2013.

WWW.BARCLAYSLIFESKILLS.COM

Schools news



Pupils explore their new fruit and vegetable garden

Healthy harvest for St Paul's

CHILDREN, parents and staff have been learning how to grow, harvest and cook their own fruit and vegetables at a Shadwell school.

Trees for Cities launched a new 'edible' playground at St Paul's Church of England Primary School where the charity has been working with the school to transform areas of the playground into food growing spaces.

The Local Food project has highlighted the importance of

healthy eating to pupils and parents, and given them the skills and confidence to grow and cook their own food.

Pupils opened the garden last month with a tour and singing and dance performances.

Head teacher Terry Bennett said: "The school provides an ideal environment for educating our children, their families and the community about the importance of making healthy choices in life. We look forward to our first harvest and to producing some amazing, healthy recipes."

Footy boss shares skills for success

BY MEHREEN HUSSAIN

STUDENTS from Langdon Park School took part in a question and answer session with businesswoman and West Ham vice-chair Karren Brady, TV and radio presenter Jameela Jamil and Barclays bank executive Ashok Vaswani.

They were invited to the Poplar school for the launch of LifeSkills, a new programme to remove barriers to youth employment launched by Barclays.

They talked about their experiences of starting work and the skills they needed to be successful.

The new education programme, linked to the national curriculum, aims by 2015 to equip one million young people with the skills they need for work and connect them with work experience opportunities.

Teachers will be able to access a range of free resources designed to develop the skills employers most seek in young people covering topics such as

writing a CV, managing money and building self-confidence.

Langdon Park head teacher Chris Dunne said: "LifeSkills is an important initiative that will provide teachers and students with much needed practical support.

"It's vital we do all we can to help our students in the transition from school to the world of work, supporting them to develop the skills they need to be successful in the future.

"We look forward to using the LifeSkills resources and the work experience matching service with our pupils."



Karren Brady, Jameela Jamil and Ashok Vaswani with pupils at Langdon Park School



SLOUGH MP Fiona Mactaggart (pictured above with pupils) visited Mulberry School for Girls last term to see one of the National Theatre (NT) Learning projects in action. A writer, theatre director and a film maker have been working with Mulberry students exploring their stories of resilience and success, a project that has resulted in a short film which can be seen on the NT Create Film YouTube channel.

Ms Mactaggart's visit was part of the Industry and Parliament Trust (IPT) Fellowship programme through which she has been exploring the arts industry in the UK. "My visit was fascinating. I watched school girls being motivated to perform and invent theatre, and learned about the efforts our National Theatre has made to reach new audiences," Ms Mactaggart said.

**Primary School
Open Day
11am – 3pm
11th May 2013
For children
aged 2–11 years**

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gables
montessori
school**

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4 Wapping Lane
London E1W 2RG

Nursery (3 Months – 5 Years)
+44 (0)20 7488 2374
St George in the East
London E1 0BH

www.greengableschool.com

Banking on playtime

Made possible by £2 million from HSBC Bank, the Children's Park now provides a wonderful place for the under 8s.



Plains, trains and automobiles

Mile End Park was created from land brought into use over 50 years – much of it formerly housing and industrial buildings. Some of this land is separated by roads, railways and waterways.

News



Ike, Luke, Terri-Anne and Ronnie enjoy the day



IMD show off their street dance skills



Zina and Rosie enjoy some Easter arts and crafts

Mickey and Minnie Mouse joined residents for a fun day at Mile End Park to celebrate the arrival of a new kiosk operator. **Shalina Hussain** reports. Photos by **Kois Miah**.

Kids make a meal of it at Mile End Park



Imad toasts marshmallows

SAMPLES of food on offer at the Mile End Park kiosk were given away at a free tasting last Thursday, April 11 when the council hosted a range of activities for the whole family to enjoy which included arts and crafts, face painting, bouncy castle and a fire club.

The kiosk in the Children's Play Park in Locksley Street will be run by Tina Kelly, who lives on the Isle of Dogs.

It will be open seven days a week from 10am until 4pm, serving hot and cold drinks, sandwiches, jacket potatoes, pasta, curry and salads.

Jolene, 31, who went along with her family, said: "The fun day was excellent and my children had loads of fun, great food and drink!"

Michelle, 28, added: "It was a lovely day, there were lots of activities for all the children to take part in. The new kiosk is nice and welcoming and the prices are very good. Mickey and Minnie were lovely and very popular."

Eight-year-old Frankie added: "We had a great day. Mickey and Minnie were fantastic."

Throughout the Easter break children had the chance to take part in a fortnight of free events at the Children's Play Park hosted by the council.

Budding gardeners had fun learning about plants, sowing seeds and weeding. Children also had the chance to make delicious treats during baking sessions.

Children also joined the fire club, learning how to build a campfire and toasting delicious marshmallows.

To find out more about activities at Mile End Park call 7093 2253.



Mickey and Minnie Mouse with park ranger Paul Sammut, Tina Kelly and Cllr Maium Miah



Kayes, Shamima, Mayar and Safwan on the swings

Zakarya on the zip wire



Ailing pacifist who took up arms

Isaac Rosenberg's poem – On Receiving News Of The War – says war is an unequivocally bad thing; yet a year later he shrugged aside his bronchitis and boarded a boat back to London, to enlist.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

Statue would be poetic justice for shamefully snubbed WWI genius

BY JOHN RENNIE

WILFRED Owen, Siegfried Sassoon, Rupert Brooke and... Isaac Rosenberg?

While the names of the first three are familiar to anyone with even a passing interest in 20th century British war poetry, the latter is largely forgotten.

A meeting earlier this month at Whitechapel Art Gallery (a place dear to the heart of the young poet and artist) could be the beginnings of rectifying that wrong.

The aim? Not simply to celebrate the short life of this East End genius, but to raise funds to erect a statue in his memory at Birkbeck College, University of London.

But why is Rosenberg so overlooked? It's tempting to point to class and snobbery:

Rosenberg was a working class Jew, while Rupert Brooke was schooled at Rugby and then Cambridge; Siegfried Sassoon was at Marlborough and Cambridge, but was also the child of a Jewish father, albeit a very rich one.

And Owen was the son of a middle class family who had fallen on hard times, forced to move from their comfortable home into lodgings in a Wirral backstreet. The young Wilfred was schooled not at Eton or Shrewsbury but at the Birkenhead Institute.

Making a career was always going to be a struggle for Rosenberg, but he was beset by extraordinarily bad luck too.

His early life mirrored that of hundreds of thousands of other English Jews of his generation. Rosenberg's parents, Barnett and Hacha, had fled the pogroms of Eastern Eu-

rope (in their case in the city of Devinsk (now Daugavpils), in Latvia, on a ship to Bristol.

Rosenberg was born in the city in 1890, but by 1897 the family was living in the East End, settling in the heart of the London Jewish community at 47 Cable Street.

He first went to St Paul's School in Wellclose Square, then on to a council school in Stepney.

This was a very different childhood to that of Brooke, Sassoon or even Owen.

His parents had what today would be called 'marginal' jobs: Barnett was a pedlar, competing with who knows how many others selling schmutter on the London streets; Hacha took in washing. And young Isaac had to call time on his education at 14, apprenticing himself to an engraver. It was a job he quickly learned to hate.

Yet there was a fierce determination there and, crucially, a well-developed network of Jewish charities and benefactors waiting to give a helping hand to gifted youngsters.

Rosenberg was displaying skill as a watercolourist. Lily Joseph, a daughter of the wealthy Solomon family, was herself a successful artist, and supported Isaac as he studied at Stepney Green Crafts School and then Birkbeck College. By 1911, he had the funds at last to take up a place at the Slade School of Fine Art.

So despite his precocious beginnings, he became a late starter, older than many of his fellow students. He was, though, on his way.

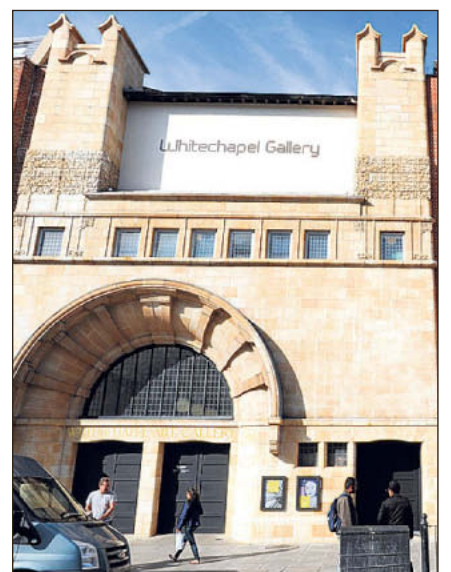
Now the East End connection became a plus, rather than a handicap. A group of young artists – mainly working-class East End Jews – began meeting at Whitechapel Library.

It provided a warm and welcoming place for Sonia Cohen, Joseph Lefkowitz, Mark Gertler, David Bomberg and the rest to work and they became known as the Whitechapel Group.

But the cold, rainy streets of the East End weren't conducive to the health of the bronchial Rosenberg, and in 1913 he joined his sister, Mina, in the heat of Cape Town.

His prodigious talent seemed unstoppable: he wrote poetry, painted and lectured on both, while his poems were published in South African magazines.

And it is one of those poems that displays the ambivalence that would see him make the fateful decision on which his life would turn, and end.



A meeting at Whitechapel Art Gallery began the process of fund-raising for a statue in Rosenberg's honour

His poem, On Receiving News Of The War, was untypical of the early work of those who would become known as 'the war poets': most of whom were boosterish and patriotic before being chastened by experience of the trenches.

Rosenberg's poem says that war is an unequivocally bad thing; yet a year later he shrugged aside his bronchitis and boarded a boat back to London, to enlist.

His decision was more about needing a job to support his mother than an unironic acceptance of 'dulce et decorum est pro patria mori'.

On the long journey back, most of his paintings were lost over the side of the ship during a storm. And when he arrived in London he was assigned to the 12th Suffolk Folk Regiment, a 'bantam' company for many under 5ft3in in height.

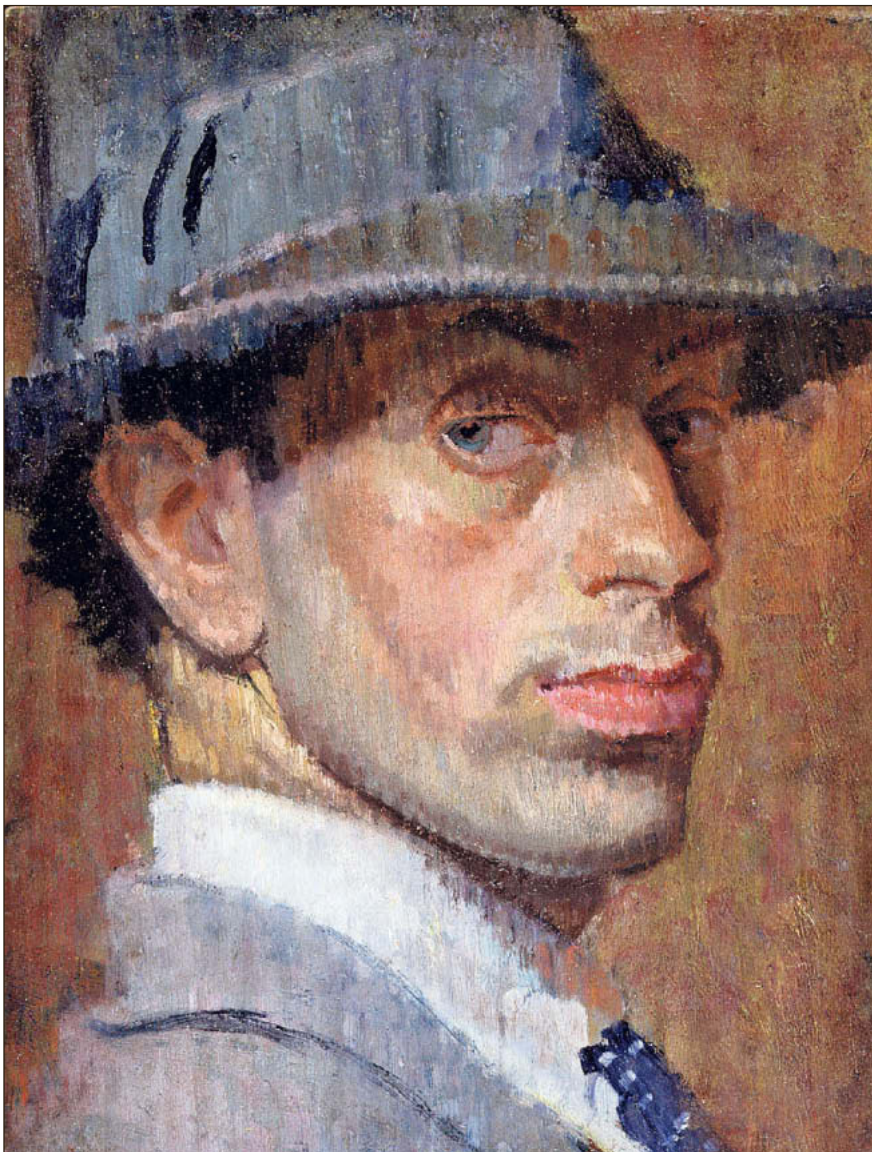
He refused to take even the single stripe of a lance corporal, and shipped to the Western Front as a private soldier. There, on the Somme, on dawn patrol on April Fool's Day 1918, he died – probably felled by a bullet from a German sniper.

And there in France he lies to this day. His legacy is his paintings and some of the most beautiful poetry to emerge from that terrible conflict.

A more tangible memorial may soon arise at Birkbeck. As one of the original colleges dedicated to providing education for the working man (and woman), and Isaac's alma mater, there couldn't be a better place.

On Receiving News Of The War (1914)

Snow is a strange white word.
No ice or frost
Has asked of bud or bird
For Winter's cost.
Yet ice and frost and snow
From earth to sky
This Summer land doth know.
No man knows why.
In all men's hearts it is.
Some spirit old
Hath turned with malign kiss
Our lives to mould.
Red fangs have torn His face.
God's blood is shed.
He mourns from His lone place
His children dead.
O! ancient crimson curse!
Corrode, consume.
Give back this universe
Its pristine bloom.



A self-portrait by Isaac Rosenberg, who was a painter as well as a poet

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, April 16

6.30pm: Licensing sub-committee

The meeting will consider an application to review the premises licence for the Rhythm Factory, 16-18 Whitechapel Road, E1.

For details, call 7364 4120 or email matthew.mannion@towerhamlets.gov.uk

7.30pm: Standards (advisory) committee

For details, call 7364 4333 or email angus.taylor@towerhamlets.gov.uk

Wednesday, April 17

7.30pm: Council

The agenda includes petitions and questions from the public, questions from councillors and reports on a review of gambling policy, the local development framework and members' allowance scheme 2013/14.

For details, call 7364 4204 or email johns.williams@towerhamlets.gov.uk

Thursday, April 18

7.30pm: Strategic development committee

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies, at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1

2 Pecks Yard – application for lawful development certificate in respect of existing use as residential dwelling.

E2

425A Bethnal Green Road – extend existing 2-bed maisonette to create 4-bed maisonette with first-floor rear extension and mansard roof extension.

Bethnal Green Centre, 229

Bethnal Green Road – section

73 application for variation of condition 2 (approved plans) of PA/13/00118 for an additional 1.5m extension to East Wing and larger lift shaft.

E3

554-556 Roman Road – change of use from grocery retail store to mixed-class coffee shop.

27 Selwyn Road – single-storey rear extension and extension to basement.

E14

30 Marsh Wall – request for screening opinion as to whether residential-led, mixed use redevelopment requires an environmental impact assessment.

This is not a definitive list of all current planning applications. For more details go to the council's website at www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344

www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Greenhouse is fan-plastic

PUPILS from four Stepney schools collected more than 2,000 plastic bottles and used them to build a greenhouse at Stepney City Farm.

Hannah Leigh Mackie, environmental education project officer at the farm, involved pupils from John Scurr, Stewart Headlam, Cayley and Halley primary schools in the year-long project to educate them about waste and creative ways of using recyclable products.

Hannah visited the schools to give talks and install bottle bins, and the farm held workshops and gardening classes.

Now, the greenhouse has



Youngsters admire the new greenhouse

become a permanent base where youngsters can learn about growing food.

"Pupils have sown tomatoes,

spinach, beans and other vegetables. I hope the project inspires environmental consciousness," Hannah said.

Recycled cooking oil is just our cup of tea

ENOUGH cooking oil has been collected in the borough in the past five years to generate power to make almost one-and-a-half million cups of tea.

And more residents are being encouraged to recycle their used cooking oil to turn it into

renewable electricity for homes and businesses.

They can drop it off into a tank at the council's reuse and recycling centre at Northumberland Wharf, Yabsley Street on the Isle of Dogs.

Once collected, the oil is recovered by eco-firm Living Fu-

els, which processes it naturally into a bioliquid, which is then used to help power the National Grid at times of unexpected power demand. Just one full collection tank can power the average home for an entire year.

Visit www.towerhamlets.gov.uk/recycling

To advertise in East End Life... call Laura on 7364 0946, Chris on 7364 4994 or Fatima on 7364 4623

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Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Look familiar?

Last week's photo was of machinery at Three Mills, Bromley-by-Bow.

Council information

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101
Hate crimes – 0800 138 0521

General enquiries

For other council enquiries call 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. And if you have photos of your own you want to submit, please feel free. Email eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG.

need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Other useful information

Safer Neighbourhood teams (SNTs)
SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs). To find out more about SNTs, contact your local team:
Bethnal Green North 8721 2851
Bethnal Green South 8721 2849
Blackwall & Cubitt Town 8721 2877
Bow East 8721 2807
Bow West 8649 3521
Bromley by Bow 8721 2041
East India & Lansbury

8721 2806
Limehouse 8721 2852
Mile End & Globe Town 8721 2853
Mile End East 8721 2848
Millwall 8721 2850
Shadwell 8649 3524
Spitalfields & Banglatown 8721 2042
St Dunstan's & Stepney Green 8721 2808
St Katharine's & Wapping 8721 2854
Weavers 8721 2043
Whitechapel 8649 3520
If a crime is in progress,

there is an emergency or if anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline
0808 2000 247

Trading standards
Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants

and leaseholders. Mon-Fri, 9.30am-5pm.
7702 8305

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow and North Poplar – 1 Ewart Place, Gladstone Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney/Wapping – Cheviot House, 227-233 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Cheviot only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Temporarily closed during building works, until spring 2013. 7364 1290; email localhistory@towerhamlets.gov.uk

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আফসানা বেনজির ডাক্তার হতে চান

আফসানা বেনজির ৬ বছর বয়সে এক পারিবারিক বন্ধুর হাতে লাঞ্চিত হন এর ফলে ১০ বছর বয়স থেকে তার জীবন বিষন্নতায় ভরে যায় দুইবার সে আত্মহত্যা করতে চায়,কিন্তু প্রিন্সেস ট্রাস্ট টিম প্রোগ্রাম তার জীবন বদলে দিয়েছে এখন তিনি ডাক্তার হবার স্বপ্ন দেখছেন।বিস্তারিত সংবাদ দেখুন নীচে।

AFSANA WINS ROYAL RECOGNITION

Harmony



Chisenhale pupils walk along the Hertford Union Canal on their way to the White Building to take part in People Power

চিজনহেইল প্রাইমারি স্কুলের ছাত্র-ছাত্রীরা এক বৃক্ষ রোপন অভিযানে অংশ নিয়েছে। স্কুলের শিশুদের সবুজের প্রতি আগ্রহ সৃষ্টির জন্যে এবং তারা যাতে প্রকৃতির এবং পরিবেশের প্রতি সচেতন হয়ে উঠে সে জন্যে স্কুলের একটি বিশেষ ভূমিকা রয়েছে সে দিকে লক্ষ্য রেখে এই বৃক্ষ রোপন অভিযান অনুষ্ঠিত হয়।

বো স্কুলের ছাত্র-ছাত্রীরা শীতকালের ফুলের

Chisenhale School inspired to go green – issue 954

চারার উইন্টার উইলি হাতে নিয়ে হার্টফোর্ড ইউনিয়ন ক্যানাল টো পাথ এবং হেকনি ওয়াক দিয়ে যাত্রা করে।

তারার পিপুল পাওয়ার এবং স্কুল প্রোগ্রাম এবং ক্রিয়েটিভিটি এবং আর্ট ইত্যাদি কর্মসূচির সাথে টেকনোলজি,সাইন্স ইঞ্জিনিয়ারিং এবং সাস-

টেইনেবিলিটি ইত্যাদি বিষয়ে অংশগ্রহণ করে।

এই কর্মসূচিটি ইংল্যান্ডের একটি বৃহত্তম আর্টস সংগঠন স্পেস এর দ্বারা পরিচালিত হয়েছে।

আর এই কর্মসূচির অর্থায়ন করেছে বিশ্বের অন্যতম নামকরা অর্থনৈতিক প্রতিষ্ঠান রুমবার্গ।

বিজ্ঞান শেখার জন্যে তারা চারার গাছ কিভাবে পানির অভাব অনুভব করে সে বিষয়ে শিক্ষা লাভ করে। শিশুরা অন্যান্য বিষয়েও গুরুত্বপূর্ণ অংশ নিয়ে বিভিন্ন সৃজনশীল বিষয়ে হাতে কলমে শিক্ষা লাভ করে এবং তারা পুরো অনুষ্ঠানটিতে অংশ গ্রহণ করে তা উপভোগ করে।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief

আফসানা বেনজির (২০)

ডাক্তার হবার স্বপ্ন দেখছেন

বেথনালগ্রীনের বাসিন্দা আফসানা বেনজির (২০) ডাক্তার হবার স্বপ্ন দেখছেন। ইতোমধ্যে তিনি মেডিকেল ও বায়ো মেডিসিন কলেজ কোর্স সমাপ্ত করেছেন এবং পরীক্ষার ফলাফলও খুবই ভাল। এ বছর তিনি মেডিসিন অধ্যয়নের জন্যে ইউনিভার্সিটিতে ভর্তি হবেন।

আফসানা আজ যে পর্যায়ে উঠেছেন তা সম্ভব হয়েছে তার জীবন পরিবর্তনের সংগ্রামের মধ্যে দিয়ে। শৈশবেই আফসানার জীবন কালো মেঘে ঢেকে গিয়েছিল। তার বয়স যখন মাত্র ৬ তখন তার এক পারিবারিক বন্ধু দ্বারা সে নির্যাতিত হয়। ১০ বছর বয়স থেকে তার আচরণে ব্যাপক পরিবর্তন আসে বন্ধু-বান্ধবের সাথে মেলা মেলা ছেড়ে দেয়। বিষন্নতায় তাকে পেয়ে বসে এর পরিপ্রেক্ষিতে সে দুইবার আত্মহত্যার ও চেষ্টা করে।

পারিবারিক ঝগড়াঝাটির কারণে সে পরিবার থেকে চলে আসে এই সময় প্রিন্সেস ট্রাস্ট আফসানাকে ১২ সপ্তাহের একটি পার্সনাল ডেভেলপমেন্ট কোর্সে ভর্তি করে দেয়। প্রথম দিকে সে সকলের সাথে দুর্ব্যবহার করতে পরে ধীরে ধীরে সহযোগীদের সাথে ভাল আচরণ করা শুরু করে। এই প্রোগ্রামের মাধ্যমে সে আবার মানুষের উপর আস্থা আনতে শুরু করে।

আফসানা আবার স্বাভাবিক জীবনে ফিরে তার নিজের উপর আস্থা স্থাপন করে অধ্যয়নে মনযোগ দিয়েছে এবং স্যামসাঙ ইয়ঙ এচিভ-ার হিসাবে পুরস্কার লাভ করেছে। আফসানা প্রিন্স অফ চার্লসের নিকট থেকে পুরস্কার গ্রহণ করে। তার প্রতিক্রিয়ায় তিনি বলেন আমি আমি এক দীর্ঘযাত্রায় পথে নেমেছি এবং এই পুরস্কার আমাকে এ পথযাত্রায় আরো প্রেরণা যোগাবে।

দীর্ঘমেয়াদি অসুস্থদের

সহযোগিতা প্রদান

যারা দুরারোগ্য রোগে দীর্ঘদিন ধরে ভুগছেন তাদেরকে হেকনিতে অবস্থিত সেন্টজোসেফ হসপিसे দি মেরি কুরি হেল্পার সার্ভিস প্রদান করা হয়ে থাকে। এই ভলান্টারি সার্ভিসের বর্ষপূর্তি অনুষ্ঠান উপলক্ষে এক অনুষ্ঠানের আয়োজন করা হয় এই অনুষ্ঠানের লক্ষ্য জনগনকে এই সার্ভিস সম্পর্কে অবহিত করা।

প্রশিক্ষণ প্রাপ্ত ভলান্টিয়াররা প্রতি সপ্তাহে তিন ঘন্টা রোগীদের বাসায় গিয়ে মানসিক ও বাস্তবসম্মত সহযোগিতা দিয়ে থাকেন,কেয়ারার বা পরিবারের সদস্যদের শর্ট রেসপাইট ও কোথায় সাহায্য সহযোগিতা পাওয়া যাবে এইসব তথ্য ও পরামর্শ দিয়ে থাকেন।

গত বছরের মার্চ মাস থেকে প্যাট্রিসিয়া আলেক্সান্ডার ভলান্টিয়ার ক্রিস্টিনের তত্ত্বাবধানে আছেন,তিনি বলেন আমি তার সাথে বন্ধুর মত আচরণ করতে পারি। আমার পরিবারের কাউকে যে বিষয়টি আমি বুঝাতে পারিনা সেই বিষয়টি আমি আবেগ ছাড়াই ক্রিস্টিনের সাথে আলোচনা করতে পারি।

সার্ভিস ম্যানেজার ক্লেয়ার হোডার এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন,মেরি কুরি হেল্পার ভলান্টিয়াররা আসল লাইফ লাইন হিসাবে কাজ করতে পারেন। দীর্ঘমেয়াদে অসুস্থ ব্যক্তি ও তাদের কেয়ারাররা সামাজিক ভাবে বিচ্ছিন্নতায়

ভোগেন ভলান্টিয়াররা তাদের এই নিঃসঙ্গতাহ্বাস করতে সহায়তা করে থাকেন।

আমরা তাদের কে মানসিক সাপোর্ট প্রদান করে অসুস্থ লোক ও তাদের পরিবারের সদস্যদের মধ্যে ব্যবধান হ্রাস করে থাকি।

আমরা যতদূর বেশি সম্ভব ইস্টলন্ডনের দীর্ঘ মেয়াদি অসুস্থলোকদের সেবা প্রদান করতে অগ্রাহি।”

কেউ যদি মনে করে কারো এ ধরনের সেবা গ্রহণ করা প্রয়োজন তাহলে তাদের সাথে যোগাযোগ করার জন্যে অনুরোধ করেছেন। হেলথ ও সোশ্যাল কেয়ারাররা অথবা পরিবারের সদস্যরা সার্ভিস ম্যানেজারের সাথে সরাসরি যোগাযোগ করতে পারবেন।

এ ব্যাপারে যোগাযোগ করার জন্যে ক্লেয়ারের সাথে এই ফোন নম্বরে ০৮৪৫ ২০১ ০৮২৩ অথবা eastlondonhelper@mariecurie.org.uk এই ই মেইলে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে। www.mariecurie.org.uk/helper-service এই ওয়েবসাইট ভিজিট করে বিস্তারিত তথ্য জানা যাবে।

মাইল এন্ড পোস্ট অফিস

স্থান পরিবর্তন

ওয়ান বি বার্ডেট রোডস্থ মাইল এন্ড পোস্ট অফিস ইলেভেন বার্ডেট রোডস্থ ব্রিডউন হাউস ইউনিট টু তে স্থান পরিবর্তনের ব্যাপারে পাবলিক কনসালটেশন চলছে।

প্রস্তাবিত স্থান পরিবর্তনে এই নতুন আধুনিক পোস্ট অফিসের জন্যে তিন বছর ব্যাপি বিনিয়োগ করা হবে। এই নতুন পোস্ট অফিসের উন্ময়ন করা হবে,অতিরিক্ত সেবা প্রদানের ব্যবস্থা করা হবে এবং উন্মত ধরনের প্রবেশ সুবিধার ব্যবস্থাও রাখা হবে।

নতুন স্থানের ব্যাপারে যে কেউ তাদের মন্তব্য জানাতে পারবে: www.postofficeviews.co.uk এই ই-মেইলে comments@postoffice.co.uk ০৮৪৫৭ ২২৩৩৪৪ এই ফোন নম্বরে অথবা ০৮৪৫৭২২৩৩৫৫ এই নম্বরে টেক্সট করতে পারবেন।

যখন ওয়েবসাইট ভিজিট করবেন তখন ০৫৪০০২৯৯ এই ব্রাঞ্চ কোড ব্যবহার করতে হবে, ৭ই মে এই কনসালটেশন শেষ হবে।

ইন্টারপ্রিটিং কোর্স

দি ইন্টার ভয়েস প্রজেক্ট তরুণদের জন্যে এক ফ্রি ইন্টারপ্রিটিং কোর্স শুরু করেছে। সিভি ও পার্সোনাল স্টেটমেন্টে কিভাবে এই ট্রেনিং কে কাজে লাগানো যায় এটাও দেখিয়ে দেয়া হবে।

১৬ থেকে ১৯ বছর বয়সীদের জন্যে এই ইন্টারপ্রিটিং কোর্সে কেউ যদি যোগ দিতে চান তাহলে info.intervoice@google.com এই ই-মেইলে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে।

■ The above stories are: 20-year-old Afsana Benozir's dream to become a doctor – issue 954; providing vital support to terminally ill people – issue 954; post office move – issue 954; the Intervoice project.

ইয়ুথস সার্ভিসের কর্মকর্তা মরহুম সামাদের প্রতি শ্রদ্ধা নিবেদন

Tributes paid to ‘amazing’ Samad, 24, youth service stalwart – issue 954

টাওয়ার হ্যামলেটসের ইয়ুথ সার্ভিসের যুব কর্মী সামাদ মিয়া দীর্ঘদিন রোগে ভুগার পর সেন্ট জোসেফ হসপিसे গত বছরের ২৪ শে নভেম্বর ইন্তেকাল করেছেন মৃত্যুকালে তার বয়স হয়েছিল মাত্র ২৪ বছর। সামাদ মিয়া বেথনাল গ্রীনে বসবাস করতেন।

টাওয়ার হ্যামলেটস কাউন্সিলের ইয়ুথ এন্ড কমিউনিটি সার্ভিসের উদ্যোগে আয়োজিত স্মরণ সভায় পরিবারের সদস্য,বন্ধু-বান্ধব ও সহকর্মীরা তাকে স্মরণ করেন।

মরহুম সামাদ ১৪ বছর বয়স থেকেই ইয়ুথ সার্ভিসের সাথে জড়িত হয়েছিলেন,তিনি ওয়েসেস্ক কমিউনিটি সেন্টারের সাথে কাজ করতেন। তিনি ওয়েসেস্ক এ্যাট হার্পলি ইয়ুথ ক্লাব এবং হেইলবারি ইয়ুথ ক্লাবের স্পেশিয়েল



Samad Miah, who died after a long illness

নীডের প্রকল্পের সাথে কাজ করেছেন।

ইয়ুথ এন্ড কমিউনিটি সার্ভিস এর প্রধান দিনার হোসেন সামাদ মিয়া কে স্মরণ করতে গিয়ে বলেন,সামাদ তার স্থানীয় কমিউনিটি,স্টাফ ও তরুণদের সাথে মিশে কাজ করতে গিয়ে আনন্দ উপভোগ করতো।

আমরা সামাদের স্মৃতির প্রতি শ্রদ্ধা নিবেদন করছি এবং তিনি তার স্বল্প কর্মময় জীবনে তরুণদের সাথে কাজ করে যে অনন্য দৃষ্টান্ত স্থাপন করেছেন তা ও আমরা শ্রদ্ধার সাথে স্মরণ করছি।

সিনিয়র ইয়ুথ ম্যানেজার গোয়েন জেনস তার মন্তব্যে উল্লেখ করেন সামাদ ছিলেন এক হৃদয় ছোয়া ব্যক্তিত্ব। সদা হাস্যময় এই তরুণ সব সময় সাহায্যের হাত বাড়িয়ে দিতেন।

সামাদের কাজ কর্মই ছিল চোখে পড়ার মত

যার কারণে তার কাজের স্বীকৃতি স্বরূপ তিনি দুটি জ্যাক প্যাচি পুরস্কার লাভ করেছিলেন।

কাউন্সিলের লিভ লাইফ ইউর ওয়ে ক্যাম্পেইনের সাথে জড়িত ছিলেন সামাদ, সেখানে তিনি কৃতিত্বপূর্ণ কাজ করার জন্যে ইয়ুথসার্ভিস থেকে হিডেন হিরো পুরস্কার লাভ করেন। সামাদ স্মরনে ওয়েসেস্ক ইয়ুথ প্রজেক্ট একটি মোজাইক টাওয়ার হ্যামলেটস স্কাইল-ইনে স্থাপন করেছে যেখানে মরহুম সামাদের নাম লেখা রয়েছে।

ওয়েসেস্ক ইয়ুথ প্রজেক্টের তরুণরা সামাদ স্মরণে বৃক্ষ রোপন করেছে এবং হেইলবারি ইয়ুথ সেন্টারের পক্ষ থেকে একটি বৈধ স্থাপন করা হয়েছে। এ ছাড়াও ২শত পাউন্ড সংগ্রহ করা হয় তা পরে সেন্ট জোসেফ হসপিसे দান করা হয়।

On this month's walk, **Graham Barker** explores the fringes of super trendy Shoreditch. Photos by **Dave Sinclair**.

STEP by step along this walk, you'll encounter a rich mix of architecture – Georgian silk weavers' houses, Victorian depots and London's first Peabody dwellings and council estate – as well as a jumble of Shoreditch boutiques, cafes and street art.

From Shoreditch High Street overground station, head underneath the Braithwaite viaduct – an arcaded brick structure built to carry Eastern Counties Railway trains in and out of Bishopsgate Goods Yard.

Beyond the archway, Bedford House (1) is a handsome 1894 Quaker mission house, named after silk merchant and philanthropist Peter Bedford. Here, the Quakers provided courses and charitable help to locals, until relocating to Bethnal Green in 1947.

A few steps along, the Commercial Tavern curves gracefully around the corner. Take

a moment to peer at the fancy stucco-work wreaths and heads framing the windows.

Commercial Street was created in two phases from 1843-57 to improve road connections to the docks in Wapping.

Warehouses and shops largely ran along both sides, but one exception was the Peabody Trust's first housing block (2), completed in 1864.

It comes to a sharp point at Folgate Street and originally incorporated residents' laundry and bathroom facilities on the top floor – hence the long run of narrow attic windows.

Facing it, and entirely clad in beige faience tiling, are the former tobacco works of Godfrey Phillips & Son (3), an art deco showpiece topped by a clock.

Escape the traffic by heading into Folgate Street. The late Dennis Severs lovingly



Commercial Street improved connections to the docks



Lovers' padlocks and hearts near Shoreditch Overground

Go beyond

Walk of the month: Shoreditch

renovated No 18 Folgate Street (4) to create an atmospheric 'still-life drama'. Book a visit to wander in the footsteps of the fictional Jervis family; lamps flicker, a half-eaten meal lies on the dining table and the bed sheets are freshly ruffled.

Retrace a few steps and follow Elder Street, flanked by further 1720s houses. French Protestants – or Huguenots – settled hereabouts after escaping religious persecution during the late seventeenth century.

Their silk-weaving expertise transformed Spitalfields into a flourishing commercial centre, and the more prosperous families built houses such as these.

More recently, No 32 was home to Mark Gertler, a talented Bloomsbury group painter of portraits and still life scenes. An extract from his Merry-Go-Round painting is depicted in the pavement roundel outside.

Now take a glance along Blossom Street. The long run of warehousing – four storeys high and punctuated with loading bays and winches – reflects the significance of Bishopsgate goods station nearby.

Until recently, Nicholls & Clarke was one of the main enterprises here, trading since 1875 as lead and glass merchants.

As you emerge from the alleyway onto Shoreditch High Street, there are views left towards the glass-walled City offices, including the 33-storey, wedge-shaped Bishopsgate Tower, straddling the Liverpool Street railway lines. This area was once known as the Liberty of Norton Folgate, an independent extra-parochial plot sandwiched between the City and Shoreditch.

Today, you head right, past the Light Bar (5). It was built in 1893 to generate electric light for Liverpool Street, and saved from demolition after a protracted protest campaign – entirely apposite, considering the Shoreditch borough motto of 'More Light, More Power'. A few doors further on, the Crown & Shuttle is a former Truman's pub with a distinctive stepped gable.

Just beyond the railway bridge, the Tea Building (6) was built in the early 1930s for Lipton's. And next door, the vast Victorian warehouses housed timber merchants, a sign of a once-flourishing furniture trade.



Leila's in Calvert Avenue



A street artist at work

Boxpark (7) opposite is the world's first 'pop-up' shopping mall, created out of 50 re-fitted freight containers. You'll find established brands and up-and-coming retailers here, with eating places on the upper deck.

Look out for two remarkable buildings on Chance Street. Firstly, the former Bethnal Green Synagogue – converted into a studio for the sculptor, Rachel Whiteread, noted for her casts of interior spaces – and then the so-called Dirty House, completely black and inset with highly mirrored windows.

Shabby chic Redchurch Street offers stylish boutiques and cafes set amongst old button factories and street art. At Ebor Street,



Fancy stucco-work wreaths on the Commercial Tavern



Overground



Huguenot houses in Folgate Street



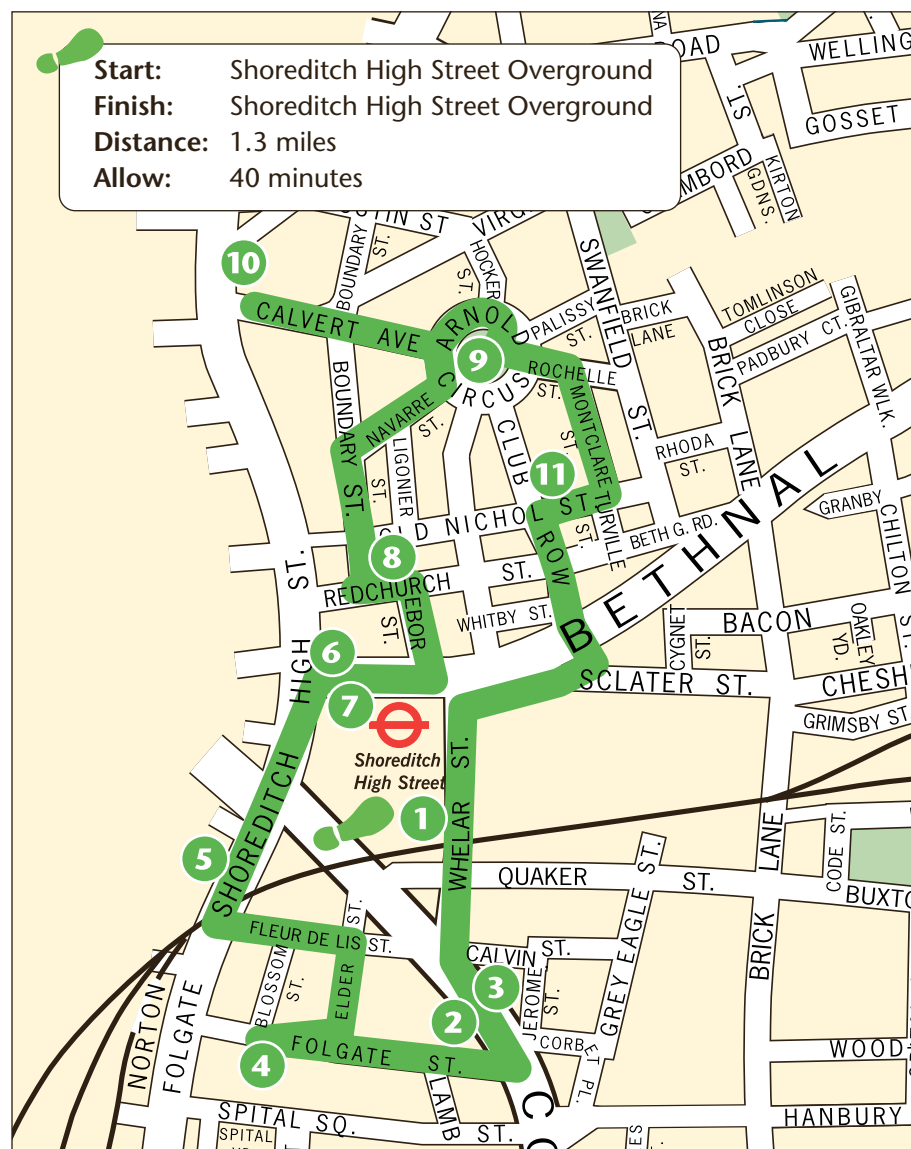
Ben Eine's street art in Ebor Street



'Pop-up' shopping at the Boxpark

the fringe

Shoreditch High Street



The former tobacco works of Godfrey Phillips

pause for a moment to take in Ben Eine's giant street-long lettering, recently re-phrased to say 'Protagonist' and 'Extortionist'.

Terence Conran's Boundary (8), which helped start the regeneration of Shoreditch, stands on the next corner. This converted printing factory is now a fashionable café, deli, restaurant and hotel, with a rooftop bar.

Alongside, and marked out by its distinctive striped brickwork and tree-lined avenues, the Boundary Estate was the world's first council housing development, built by the London County Council between 1890 and 1900 to replace the notorious Old Nichol slums.

Head through the courtyard between

Abingdon Buildings and Benson House; all of the Boundary blocks are named after places along the Thames, and the street names have a Huguenot flavour.

Arnold Circus (9) is the estate's centrepiece, from which seven streets radiate outwards. In Calvert Avenue there are shops, including Leila's grocery-cum-café and Ally Capellino's bag emporium. The corner building, curving into Virginia Road, was once the LCC's weights and measures office and coroner's court.

From here are views of St Leonard's Church (10), designed in the 1730s by George Dance the Elder and recalled in the Oranges and Lemons line, 'When I grow rich, say the



bells of Shoreditch'. Back at Arnold Circus, a row of two-storey workshops stands behind Marlow House. Many originally housed upholsterers, French polishers and cabinet-makers.

Beyond Rochelle School – where the old bike store is now a tasteful restaurant – head for Montclare Street. The former laundry block reminds us that none of the flats originally had washing facilities. From here, there are skyline views towards the new Avant Garde development on Bethnal Green Road.

On Club Row, St Hilda's East community centre (11) has its origins in an 18th century ragged school. The present 1994 building

mimics the striped brickwork and checkerboard tiling of the residential blocks. Club Row itself was once alive with squawking birds and barking dogs, as the hub of a thriving Sunday small animals market.

Many local buildings have found a new lease of life; back on Bethnal Green Road, Les Trois Garçons – the former Knave of Clubs pub – offers fine dining in an Alice-in-Wonderland setting. The adjacent cocktail bar was built in 1884 as a boot manufactory.

Finally, before you head into Shoreditch High Street station, be sure to look out for the lovers' padlock and hearts collection on the railings opposite.

Tour of Olympic Park

You can have a sneak preview tour of the Queen Elizabeth Jubilee Park, due to open in phases from July.

SEE BELOW



900 skeletons in the crypt...

For two weeks Spitalfields will host a series of events to celebrate the French Huguenot immigrants who transformed the area – don't miss the history talk at Christ Church on April 16.

VISIT [HTTP://WWW.HUGUENOTSOFSPIITALFIELDS.ORG/](http://www.huguenotsofspitalfields.org/)

Out & about guide

What's on where this week

Dance

Vintage Dance Club

Boogie, rock'n'roll and the jitterbug, with a live band and professionals to help you learn the steps. £12.
Thurs, Apr 18, 6-10.30pm.
East Wintergarden, 43 Bank Street, E14.
www.canarywharf.com

Events

Park In Progress Tour

See a number of the Olympic Park venues being transformed, plus there is a chance to go up the ArcelorMittal Orbit, the UK's biggest sculpture. Prices vary. Until Sun, Jun 23, times vary. Marshgate Lane, E15.
<http://noordinarypark.co.uk>

Life and Death in Spitalfields

Nearly 900 skeletons were removed from the crypt of Christ Church Spitalfields. Talk by Dr Margaret Clegg of the Natural History

Museum; part of the Huguenots of Spitalfields Festival. £7 (£5 concs).

Tues, Apr 16, 7pm.
Christ Church Spitalfields, E1.
www.spitalfieldsmusic.org.uk/whats-on

Exhibition

Material World

Twelve large-format photographs and two sculptures by photographer David Welch. Free. Until May 18, times vary.
Roman Road Project Space,
69 Roman Road, E2.
www.romanroadps.com

Film

Genesis Kids Club

The latest films for just £2. Every Sat & Sun, times vary – check website.
Genesis Cinema,
93-95 Mile End Road, E1.
www.genescinema.co.uk



Alchemy Festival

Annual showcase of music, dance, literature, design and fashion from South Asia and the UK. Highlights include musical performances from British-Asian stars, a fashion show, market and food stalls. Prices vary. Until Sun, Apr 21, times vary. Southbank Centre, SE1.
www.southbankcentre.co.uk

Music

Karaoke at The Birdcage

Become a pop star for a night. Free. Every Fri & Sat until Jun 30, 9pm. The Birdcage, 80 Columbia Road, E2. 7739 0250

Victoria Park Singers

New community choir – if you love singing, no matter what your ability, then you are welcome to join. £80. Weds, Apr 17, 7pm. Royal Inn on the Park, 111 Lauriston Road, E9.
www.victoriaparksingers.co.uk

Walks

Guided Walks

Leisurely three-hour walk around the derelict structures of the docks area. £9. Sat, Apr 20, 1pm. Meet at Railway Arms Tavern, 576 Commercial Road, E14.
www.derliction.com

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*Dependent on course selected.
See website for details



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Social

Little Spitz' under-5s playgroup

Sun, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2. 7247 4283

Sport & leisure

Cricket coaching

Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm. Dockland Settlements, 197 East Ferry Road, E14.

Docklands women's running group

All abilities welcome Mon, 6.30pm. Mile End Stadium, Rhodeswell Road, E14. 07958 368070

Football training

Every Sat, 9-11am for boys and girls aged 5-11, Mulberry School for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5, St Patrick's School, Dundee Street, E1W. 07956 095218

Kibondo

Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14. 07956 428654

Kickboxing and self-defence

£5 per class. Sun, 1pm; Tues, 7pm (women only). Whitechapel Sports Centre, Durward Street, E1. 07952 872362

Kung fu

Learn the Wong Shun Leung system of ving tsun. Weds, 8-9pm. £7, adults only (kids classes coming soon). St John's Church Hall, 200 Cambridge Heath Road, E2. 07930 609379

Kung fu fitness

Mons 7-9pm. Bryant Street Methodist Centre, Stratford, E15. 07950 637345

Muay Thai for women

KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged. 7265 9693

Multi Sports

Every Sat, 2-5pm. For ages 11-19. George Green's School, 100 Manchester Road, E14. 7987 6032

Netball

Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night. 01277 811772

Ninjutsu

Tues, 7-9pm, £5. Docklands Settlement, 197 East Ferry Road, E14.

Rugby

Millwall Rugby Club. Men's, women's and youth teams. Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs, 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages). www.millwallrugby.com 07963 5833655

If you have a date for our diary, email eastendlife.news@towerhamlets.gov.uk



Daisy chain reaches across the pond

Electric Daisy Carnivals are held across the United States, from New York in May to Las Vegas in June, before heading to London a month later and then on to Puerto Rico and Orlando.

SEE BELOW

Riverside creativity

Trinity Buoy Wharf is a thriving centre for the arts and creative industries on the banks of the River Thames.

WWW.TRINITYBUOYWHARF.COM

Out & About



Kafka's colony makes for a holiday from hell

BY TOM SHEEN

LONDON'S only lighthouse will invite audience members to be immersed in a new story based on a Franz Kafka classic.

Trinity Buoy Wharf, on the banks of the Thames at Leamouth, will house Project Colony, based on Kafka's

short story In the Penal Colony.

The audience will become inspectors on an "island" penal colony in the tale about the last use of an elaborate torture and execution device.

This version sees the action transferred to a colonised holiday camp in the 1950s, where a travelling salesman has been invited to witness the execution

of a condemned prisoner on a tropical island.

One half of the evening is more like enjoying a summer camp, before events take a turn for the worse and you are escorted to the basement.

This is the first play by Fourth Monkey, since a successful stint at last year's Edinburgh Fringe with Sarah Kane's 448 Psychosis.

Project Colony is directed by Hamish MacDougall and James Yeatman, who recently worked on a production of The Master and Margarita at the Barbican.

It is at Trinity Buoy Wharf, 64 Orchard Place, E14 until April 27. Tickets cost between £12 and £16. For more information and to book, visit www.trinitybuoywharf.com

A Team Arts to stage new power play

YOUNG people have been putting the finishing touches to a new drama production exploring politics and leadership.

Staged by the council's youth platform A Team Arts, teenagers aged 13-19 have been rehearsing Nemesis for the past six months.

The high-octane drama explores how the actions of a powerful few can have far reaching repercussions for the rest of the world.

Characters symbolising five world powers get locked into a game called Nemesis and unwittingly unleash deadly consequences.

The play has been partly devised by young people and is part of the Five Borough Youth Theatre Festival where they will represent Tower Hamlets. They not only act in the play, but have created the costumes and stage sets for the production as well.

Nemesis will be staged at the Brady Arts and Community Centre in Hanbury Street, Whitechapel on Wednesday, April 24, with a free, open dress rehearsal at 7pm.

It will also run on Thursday and Friday, April 25 & 26 at 7pm, and on Saturday, April 27 at 4pm. Entry costs £3.

To book tickets call 7364 7906 or email festivalsandevents@towerhamlets.gov.uk



The event attracts top DJs and huge crowds

Picture: Roukes

Party with an electric atmosphere

THE QUEEN Elizabeth Olympic Park will host one of London's biggest music festivals this summer, when the Electric Daisy Carnival rolls into town.

One of America's biggest electronic music festivals – it attracted more than 300,000 people in 2012 – the carnival hits Europe for the first time this year.

The early bird release of tickets sold out in just five minutes after Dutch megastar Tiesto and Grammy award-winning

Swed Avicii were announced as headliners.

Avicii's fellow Swede, Steve Angello, will also appear, while French teenager Madeon will be another must-see.

Radio 1 favourite Mistajam hosts his own arena, with Jaguar Skills, Caspa and drum-n-bass legends Goldie and Shy FX even dusting off some of their old vinyl.

Electric Daisy Carnival is at the park in Stratford, on July 20.

Tickets cost £55. Visit www.electriddaisyfestival.co.uk



Side shows are spectacular

Picture: Erik Kabik

News in brief

Secret Garden

THE Space will present one of Britain's most loved and cherished children's tales, The Secret Garden.

Born in Colonial India, Mary is a sickly young girl. Following the death of her parents she is sent back to Victorian Yorkshire to live with her reclusive uncle in his sprawling haunted mansion.

Kept awake by terrible screams at night, Mary has nothing to do in the day except explore the vast gardens.

Discovering a key, a door and the source of those screams – her bed-bound cousin Colin – Mary begins to grow the garden.

The Secret Garden will be at The Space, 269 Westferry Road, Isle of Dogs from Tuesday, April 16 until May 4.

Tickets cost from £8 to £12 – for more information and to book visit <https://thespace.org.uk>

Act up on course

YOUNG actors can audition for a free course with the Young & Talented theatre group, based at Oxford House in Bethnal Green.

It is designed for young people interested in building a career as an actor, improving their interview techniques, learning how to audition for casting directors and building confidence.

Previous students have gone on to act in TV shows such as EastEnders and Holby City.

The course runs every Friday until May 5, from 5-6.30pm for ages 14-17 and 7-9pm for 18- to 25-year-olds.

For more information, email yandt@gmail.com or call Suzann on 7556 5348.

Art club needs you

A WEEKLY art club is looking for new members.

Mo's Art Club, for older people, takes place every Friday between 10.30am and 12.30pm at the Burcham Street Centre in Poplar.

It costs just £1 to join and you can learn, or develop your skills in painting and drawing.

For more information visit <http://mosartgroup.yolasite.com> or call Maureen on 07960 777339.



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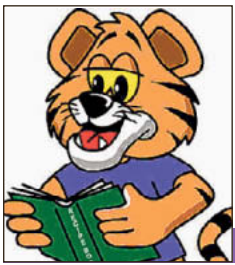
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Eating out, eating in

Pop-up dining is perfect place for a summer day

BY GORDON BLUE

WHAT better place to go on a freezing, supposedly spring day, than a pop-up restaurant which is, for all intents and purposes, outside?

However, with heaters galore and chimeneas in abundance, we braved the bitter winds and settled down for our alternative Sunday lunch.

As a belated Mother's Day treat we were joined by my mother and as we got into view we were greeted by the charming Matthew, and were seated and heated within minutes.

The roofed area with casual seating and low tables would be perfect for socialising in the summer months.

The menu was a feast of Lebanese street food and we opted for mezze to share of baba ghannouj (roasted aubergine and garlic dip), kibb  lahm  (lamb and cracked wheat parcels) and samboussek jibn  (feta and halloumi filled pastry) – all delicious and all gone within minutes.



Yalla Yalla offers quality food

Served with a bottomless dish of steaming hot pitas, this is a meal in itself.

Mains of lamb shawarma

and chicken shawarma were generous, marinated chicken and lamb with parsley, red pepper and onion salad along-

side perfectly salted saut  potatoes.

The meat was succulent and flavoursome and everything served with a generous hand.

For once even mother was defeated and the staff kindly offered to box up leftovers in case she found herself inexplicably starving on the train home.

Latt s were spot on and the homemade lemonade with ginger and mint noteworthy for its refreshing qualities.

This will be the perfect spot if we ever get through this winter/spring and have a proper summer, meanwhile it's worth a visit and, as a pop-up, won't be here forever, so fill your boots.

Three ate as if there was no tomorrow for a little shy of £50 plus service.

For a restaurant brand that has recently been featured in Time Out London's top 50 restaurants, this is quality food and charming service at a reasonable price.

Yalla Yalla! Pop-up Restaurant is at 186 Shoreditch High Street, E1. Tel: 7287 7663.

Meat-free treat is a healthy option

EVERY month the council's school catering service provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.

Trigger has chosen this recipe as his new summer menu features a meat-free Monday to encourage us to eat a little less meat and increase our consumption of vegetables and other sources of protein, like lentils.

Trigger particularly liked this recipe as he loves spaghetti and pasta, especially the whole-

meal variety, which is such a good source of energy.

Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of it.

Email your entry to www.myschoollunch.co.uk/TowerHamlets/parents/contact/ or post it to Recipe Competition, Toby Lane Council Offices, Toby Lane, E1 4DN. Don't forget to write your name, address and phone number on the back.

Happy cooking and don't forget to enter the competition.

Vegetable bolognese – serves 4

Ingredients

180g mixed vegetables
140g spaghetti
50g red lentils
50g tomato paste

30g cooking onions
15g mushrooms
Pinch of mixed herbs
1g garlic powder
200ml water

Method

1. Soak the lentils overnight and drain.
2. Cook lentils in fresh water in a saucepan.
3. Fry onions in a saucepan and add the cooked, drained lentils.
4. Add rest of the vegetables and tomato puree, herbs, garlic and water.
5. Put in a baking dish.

6. Cover with lid and cook in the oven at gas mark 8, 450F or 230C for 15 minutes. Reduce to gas mark 4, 350F or 180C for a further 45 minutes.
7. Check seasoning.
8. Cook spaghetti according to the package guide.
9. Serve spaghetti and sauce on to a plate.
10. Add a crunchy side salad to accompany the meal.

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New homes in Whitechapel

Network Housing Group is a group of six registered housing providers and an independent resident consultancy. It owns and manages over 17,500 homes across London and the South East.

WWW.NETWORKHG.ORG.UK

Pop in to the pop-up

East Village, at the heart of the new E20 postcode, will have 2,818 homes, including 1,379 affordable properties.

WWW.EASTVILLAGELONDON.CO.UK

Property

A POP-UP shop has opened to give people a taste of what the new neighbourhood on the doorstep of the Olympic Park will be like. The shop, in Westfield Stratford City, features a virtual tour through East Village, enabling visitors to discover the parklands, education campus, health centre and sporting facilities.



'A jewel tucked away'

BY JESSICA ODUBAYO

FOUR Georgian-style town houses have been redeveloped in a conservation area in Whitechapel, in keeping with the historical design of the street.



The five-bedroom houses created in Walden Street

The affordable family homes created by Network Housing Group have been provided in a neighbourhood where larger houses are in particular demand and in short supply.

A feature of the five-bedroom properties includes energy efficient heating systems with discreet solar panels on the roofs to allow residents to control their energy use and cut costs.

Network Housing Group purchased the site in Walden Street – previously temporary teaching accommodation for the Royal London Hospital – following competitive tender.

Working closely with the council, residents were consulted about the new development, which lies within the Myrdle Street conservation area.

Musleha Khanam, one of the new tenants, said: "Walden Street is a jewel tucked away in the heart of east London. The best feature of our new house is the beautifully crafted win-

dows, which ensure a lot of natural light comes in.

"It is also a bonus to have a garden which allows spectacular views of the niche properties within this vicinity."

The group's business development director, Jeremy Stibbe, said: "During the construction of the Walden Street properties Network Housing Group worked closely with architects and planners to ensure that the new builds complemented the historic look and feel of the area.

"It is rare to acquire and develop homes of this size in a high value area such as Tower Hamlets and we are delighted to be able to offer energy efficient family homes which are in keeping with the architecture and history of the area."

The façade of the homes reflects a traditional terrace layout and items such as utility meters have been situated out of view in keeping with the conservation area.

Tender start for edible feast

News from Cable Street Community Gardens

IT has certainly been a long, cold winter with spring plantings suffering as a result.

For those with itchy fingers, there are many seeds which you can start off in pots indoors on a window sill or sheltered balcony. 'Rootrainers' are ideal for this, allowing plants to become well established and then carefully hardened off before planting outside.

Another advantage is that the tender seedlings are better able to withstand attack by slugs and snails.

Hopefully, we are in for a long, sunny summer, but for those who garden in shady spots or balconies/patios, there are many plants which thrive in cooler, moister conditions.

In fact, shade can be an advantage for pot-grown veg and fruit, as the soil will be less likely to dry out so quickly. Leafy plants such as chard, lettuce,

rocket, coriander and spinach are among the most shade-tolerant edible crops. Runner beans, peas and potatoes also do well.

Why not decorate the outside of your home with some unusual climbers which will offer a tasty addition to a meal as well as a splash of green and colour?

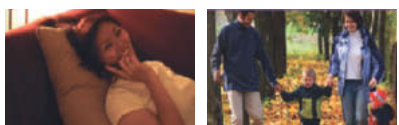
Mid to late spring is a good time to plant out and sow herbs – ideal for small gardens and balconies. Offering attractive foliage, often sweetly scented and great for bees and other insects, herbs can be interspersed with traditional bedding plants.

Not only does adding a sprig of mint or a handful of marjoram lift the taste of dishes, but many have potent health benefits. Thyme infusion mixed with a spoonful of honey is great for coughs and colds, while parsley is good for the kidneys and the leaves of lovage have an antiseptic effect on the skin.

Whatever you plan to grow, here's hoping your crops are plentiful and sunshine and rain come in even measure.

Happy gardening!

- 3/5 years Leasing option
- No void period
- No Management fee



£500

CASH INCENTIVE FOR LANDLORDS*

1, 2, 3, 4 bedroom flats/houses wanted

- Monies **paid instantly** upon signing

T&C Applies.

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52 Weeks of the year!

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info@metropolitanandcrown.com | www.metropolitanandcrown.com



tower hamlets homeseekers

12/04/13 - 18/04/13
Closing date for Internet and
Telephone bids:
18/04/13

Find out about local schools, council services, transport links, and businesses at: www.upmystreet.com



Beacon Awards 2003-2010
Winner of 9 previous awards



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

تاور ہملتس ہاؤسنگ لیٹلنگس آپ کی ایک ایسی ایپلیکیشن کے بغیر آپ کو ہاؤسنگ لیٹلنگس سے درخواست کرنے کی اجازت نہیں ہے۔ اگر آپ کسی ہاؤسنگ لیٹلنگس کے لئے درخواست دے رہے ہیں تو اسے دیکھنے کے لئے نہ جائیں کیونکہ یہ ہاؤسنگ لیٹلنگس کے لئے پریشان کن ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔ یہ پیشکش کردہ رہائشی کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے دیے جانے والے رابطہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں دے سکتے ہیں اگر "ہاؤسنگ لیٹلنگس" میں آپ کی درخواست واجب اورز پر غور ہے۔ براؤزر میں سے کسی گھر کو دیکھنے کے لئے نہ جائیں کیونکہ یہ ہاؤسنگ لیٹلنگس کے لئے پریشان کن ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔ یہ پیشکش کردہ رہائشی کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے دیے جانے والے رابطہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding
Just log on to
www.thhs.org.uk



2. Telephone Bidding
Simply call
0845 270 2400



SHELTERED
Accessible Category D
PHOENIX COURT, MAST HOUSE TERRACE, E14
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • Shared garden • Pets not permitted

Eligibility : Min Client Age 60

£175.92, Weekly - Social Rent
Landlord: EAST HOMES

Property Ref: 26800



SHELTERED
Accessible Category E
VIC JOHNSON HOUSE, ARMAGH ROAD, E3
Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Shower Room with W/C • Electric storage heater • Shared garden • Pets not permitted

Eligibility : Min Client Age 60

£164.07, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 26816



OVER 50's
Accessible Category F
CORNWOOD DRIVE, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£136.99, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 26819



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
FLANSHAM HOUSE, CLEMENCE STREET, E14
Flat • 0 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£90.76, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26805



1 BEDROOM
Accessible Category F
DENNING POINT, COMMERCIAL STREET, E1
Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Own bathroom • GCH • No garden • Pets not permitted

£110.70, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 26815



1 BEDROOM
Accessible Category D
HATTON HOUSE, HINDMARSH CLOSE, E1
Flat • 1 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£0.00, Rent to be advised
Landlord: EastendHomes

Property Ref: 26828



1 BEDROOM
Accessible Category F
NEWDIGATE HOUSE, NORBITON ROAD, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£100.66, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26804



1 BEDROOM
Accessible Category F
BARLEYCORN WAY, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£113.41, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26825



1 BEDROOM
Accessible Category E
STOCKTON HOUSE, ELLSWORTH STREET, E2
Flat • 1 Bed 2 Person • 6th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted
Preference will be given to Housing Moves applicants

£99.84, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26822



1 BEDROOM
Accessible Category F
ROGERS ESTATE, GLOBE ROAD, E2
Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£111.32, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26817



1 BEDROOM
Accessible Category F
SWANFIELD STREET, E2
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£111.07, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26811



1 BEDROOM
Accessible Category F
HEYLYN SQUARE, E3
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted

£104.59, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26812



2 BEDROOMS
Accessible Category F
LATHAM HOUSE, CHUDLEIGH STREET, E1
Flat • 2 Bed 4 Person • 9th floor • Kitchen diner • Two lifts • Separate Bathroom and W/C • Check heating on viewing • No garden • Pets permitted

£128.26, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26818



2 BEDROOMS
Accessible Category F
CLOVELLY WAY, E1
Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted
5 Year Fixed Term Tenancy

£151.71, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 26823



2 BEDROOMS
Accessible Category B
JOHNS PLACE, E1
Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • No garden • Pets permitted

£129.18, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26803



2 BEDROOMS
Accessible Category F
FARTHING FIELDS, E1W
Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted
Preference will be given to Housing Moves applicants

£110.39, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26833



2 BEDROOMS
Accessible Category F
MALMESBURY, CYPRUS STREET, E2
Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Pets not permitted

£119.66, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 26832



2 BEDROOMS
Accessible Category E
MODLING HOUSE, MACE STREET, E2
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£119.66, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26829



2 BEDROOMS
Accessible Category G
LYSANDER HOUSE, TEMPLE STREET, E2
Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£139.95, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 26820



2 BEDROOMS
Accessible Category F
CUFF POINT, COLUMBIA ROAD, E2
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£128.71, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26824



2 BEDROOMS
Accessible Category F
COLUMBIA HOUSE, HAMLETS WAY, E3
Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£128.29, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 26821



3 BEDROOMS
Accessible Category F
WELTON HOUSE, STEPNEY WAY, E1
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted

£128.06, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26813



3 BEDROOMS
Accessible Category E
PIGGOTT HOUSE, SEWARDSTONE ROAD, E2
Flat • 3 Bed 5 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£130.49, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 26830



3 BEDROOMS
Accessible Category F
EAGLING CLOSE, E3
Flat • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets permitted
5 Year Fixed Term Tenancy

£164.46, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 26814



4 BEDROOMS
Accessible Category F
GLENGALL GROVE, E14
House • 4 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted








£143.93, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 26827

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

PLEASE NOTE THE RENT LEVEL AND LENGTH OF TENANCY OFFERED ON THE FOLLOWING HOMES. YOU ARE ADVISED TO CHECK THE HOMESEEKERS WEBSITE AT www.thhs.org.uk FOR FURTHER INFORMATION.

 <p>Affordable Rent Property sorry no picture available</p> <p>Accessible Category G BRICK LANE, E1</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted 2 - 5 Year Fixed Term Tenancy</p> <p>£173.60, Weekly - Affordable Rent Landlord: One Housing Group</p> <p>Property Ref: 26826</p>	 <p>Accessible Category G MAIDSTONE HOUSE, CARMEN STREET, E14</p> <p>Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£178.55, Weekly - Affordable Rent Landlord: Poplar HARCA</p> <p>Property Ref: 26831</p>	 <p>Accessible Category F PERKINS HOUSE, ST PAULS WAY, E14</p> <p>Flat • 2 Bed 3 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£178.38, Weekly - Affordable Rent Landlord: Poplar HARCA</p> <p>Property Ref: 26810</p>	 <p>Accessible Category G PLESSEY BUILDING, DOD STREET, E14</p> <p>Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Separate bathroom and W/C. Pets not permitted . GCH • No garden • Car free home</p> <p>£151.60, Weekly - Affordable Rent Landlord: Spitalfields HA</p> <p>Property Ref: 26809</p>	 <p>Affordable Rent Property sorry no picture available</p> <p>Accessible Category D WESTWOOD HOUSE, MILLHARBOUR, E14</p> <p>Flat • 0 Bed 1 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted</p> <p>£150.00, Weekly - Affordable Rent Landlord: Guinness South</p> <p>Property Ref: 26801</p>
 <p>Accessible Category E ARMAGH ROAD, E3</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£150.85, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 26806</p>	 <p>Accessible Category G CLARE HOUSE, HAWTHORN AVENUE, E3</p> <p>Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets not permitted</p> <p>£196.99, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 26808</p>	<div> <h3>Reminder</h3> <p>Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.</p> </div>		

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer Scheme (PTS), which is targeted at social

rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

BOW SCHOOL

Headteacher: Cath Smith MA
Bow School, Paton Close, Fairfield Road, London, E3 2QD
T: 020 8980 0118 F: 020 8980 1556 E: bs@bow-school.org.uk

Science Technician
35 hours per week • Term Time plus 2 weeks
Scale 3 - £19,032 pro rata

Are you:

- An enthusiastic and motivated scientist?
- A good communicator?
- Well organised?
- Keen to share your knowledge with young scientists?

We are seeking to appoint a Science Technician to join the Science department in our rapidly improving school. In June 2014 we move to a new site and begin our programme of expansion which includes becoming mixed and the introduction of a Sixth Form.

To find out more about how you can make a positive contribution to the lives of young scientists in Tower Hamlets or to request an application pack, please visit our website, email robertsonc@bow-school.org.uk or telephone 020 8980 0118

Closing date for applications: Friday 26th April 2013

www.bow-school.org.uk

We are committed to safeguarding and promoting the welfare of our students.

'Bow School': A VIBRANT, INNOVATIVE AND ENTERPRISING SCHOOL WITH AN EXCITING FUTURE'

BOW SCHOOL

Headteacher: Cath Smith MA
Bow School, Paton Close, Fairfield Road, London, E3 2QD
T: 020 8980 0118 F: 020 8980 1556 E: bs@bow-school.org.uk

Midday Supervisor
Hours: 1.00 – 2.00 pm, 5 hours per week • Scale 1A2

We are seeking to recruit a midday supervisor to join our team. The successful candidate will be responsible for the welfare of the boys in the dining hall, around the school premises and in the playground.

Additional skills required:

- Experience of working with young people
- An understanding of how to manage behaviour in a positive way
- Flexibility
- Understanding of team work

For further information or to receive an application pack please visit our website, email: robertsonc@bow-school.org.uk or telephone 020 8980 0118

Closing date for applications: Friday 26th April 2013

www.bow-school.org.uk

We are committed to safeguarding and promoting the welfare of our students.

'Bow School': A VIBRANT, INNOVATIVE AND ENTERPRISING SCHOOL WITH AN EXCITING FUTURE'

Sheringham Primary School
Sheringham Avenue, Manor Park
London E12 5PB
Tel: 020 8478 4244
Email: info@sheringham-pri.newham.sch.uk
www.sheringhamprimarieschool.com

The school is going through exciting times with the expansion of the school and a brand new building. Due to this there will be a need for more staff as soon as possible. We are a popular, successful school dedicated to learning. We can offer you a welcoming and hardworking staff, friendly children and supportive parents. You would be part of a highly valued support staff that makes a significant contribution towards our calm and effective school.

TEACHING ASSISTANT
32.5 hours per week - Unqualified £12,836inc, per annum
Qualified £13,616inc, per annum

The successful candidate will have:-

- Enthusiasm and commitment to making a difference to pupil progress and behaviour
- Previous experience of working with children on a one to one basis, in small groups, or working as a class based Teaching Assistant or with children with Special Educational needs is desirable

NURSERY NURSE
32.5 hours per week (Term Time Only) £18,915 – £20,877inc, p.a. (salary dependant on experience)

Successful candidates will:-

- have experience of working with children aged 3 – 5
- hold an NVQ3 or equivalent
- be imaginative and creative
- be prepared to support pupils learning indoors and outdoors
- have bags of energy and enthusiasm

Closing date for applications is Friday 10th May 2013.

Visits to the school are warmly welcomed.
Please call Anne Simmonds to arrange.

Application form and further details please apply online at www.newham.gov.uk

Sheringham Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. A full CRB disclosure is required and this can be applied for once a job offer is made.

Leaders through Sport

Make a change TODAY!

FREE!!!

Training programme for Young People

Start date will be 22nd April 2013

www.newark.org.uk/leadersthroughsport

To find out more please contact:
Mukhtar - Project Coordinator
(t) 020 7392 2121 / 07947 166 711
(e) mukhtar_newark@yahoo.co.uk

POWERED BY COMIC RELIEF

Volunteers Wanted

The **WHFS Volunteer Maternity Mates Project** provides FREE accredited training to volunteers, enabling them to support women through pregnancy and childbirth.

Open day held on:
Date: 17th April 2013
Venue: The Brady Centre,
192 to 196 Hanbury Street, E1 5HU
Time: 11am to 1pm

Limited places available please contact on
020 7377 8725 / 07960327760

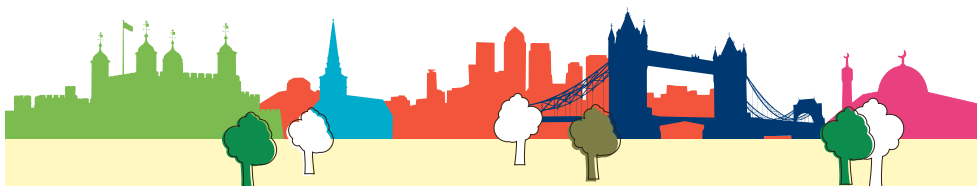
WHFS LANGUAGE SUPPORT | ADVICE
HEALTH EDUCATION | RESEARCH

NHS North East London and the City

Did you know... you could place your ad with East End Life on this page for as little as £90 + VAT?

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Team Manager Transitions

Education, Social Care and Wellbeing
Ref: ASD00195
Closing date: 21/04/2013

£42,258 - £44,910

Teacher of the Vision Impaired

Education, Social Care and Wellbeing
Ref: ESW00052 | P/T
Closing date: 06/05/2013

£27,000 - £45,000

Family Support Worker

Education, Social Care and Wellbeing
Ref: ESW00052 | P/T
Closing date: 21/04/2013

£25,515 - £27,009

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Smart Training

Start your career with £3,000 worth of training!

Are you aged 16-18 and looking to get started in a career? Smart Training – one of the UK's best training companies, can help you with free* part-time training for nationally-recognised qualifications in:

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- Sales & Telesales
- Management

Training is weekly in East London and we can also help you find a job. Courses last for 12 months.

*You must have lived in the UK or European Union for the last three years to be eligible for free training.



Apply now – text SMART to 80800.
email start@smart-training.com, phone 0845 177 0695
or see www.smart-training.com/jobsandadvice

To place your ad in East End Life, call...

Chris on 7364 4994

Fatima on 7364 4623

Laura on 7364 0946

To reserve your space, please call us to book by midday on the Tuesday prior to the Sunday publication date.



TOWER HAMLETS
eastendlife

Public notices

LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (A3Parking Places)(No.1) Order 2011
(Amendment No.1) Order 2013

The Tower Hamlets (A6 Parking Places)(No.1) Order 2011
(Amendment No. 1) Order 2013

The Tower Hamlets (D2 Parking Places)(No.1) Order 2011
(Amendment No.1) Order 2013

The Tower Hamlets (Free Parking Places)
(General Use-Disabled Persons)(No.1) Order 2010
(Amendment No.1) Order 2013

The Tower Hamlets (Loading Bays) (No.1) Order 2011
(Amendment No.2) Order 2013

The Tower Hamlets (Waiting & Loading Restriction)
(Amendment No.5) Order 2013

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 15 April 2013 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders will be:-
 - (a) to convert two Permit Parking Only bays from WITAN STREET on the south kerb 5 metres east of the junction with Herald Street to Disabled Parking (No Limit) Only bays;
 - (b) to convert two Resident Parking Only bays on the south kerb outside 24-28 FOURNIER STREET to At Any Time Double Yellow Line and Ambulance Only restrictions;
 - (c) to convert 6 metres of the existing Shared Use Parking bay outside nos. 155/157 MANCHESTER ROAD to a Loading Only Bay;
 - (d) to convert approx.148 metres existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restriction on the east kerb of FAIRFIELD ROAD from the junction with Wrexham Road extending northwards;
 - (e) to convert approx. 38 metres existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restrictions on the south kerb of NEWARK STREET between the junctions of Halcrow Street and Cavell Street;
 - (f) to convert approx. 41 metres of existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restriction on both sides of PAYNE ROAD west of the permit bay outside Fondant Court;
 - (g) to convert existing At Any Time Double Yellow Line waiting restrictions to At Any Time waiting and loading restrictions (ie Double Yellow lines and double kerb chevrons) on both sides of RAVEN ROW between the junctions of Cavell Street and Maples Place;
 - (h) to convert existing Single Yellow line Waiting restrictions to At Any Time Double Yellow Line waiting restrictions in the whole length of WICKFORD STREET;
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2, as above.
4. A copy of the Orders, which will come into operation on 13 May 2013 and all relevant documents can be inspected at the Parking Services Offices, Mulberry Place (AH), Clove Crescent, London E14 2BE by prior appointment during normal office hours on Monday to Friday inclusive until the end of six weeks from the date on which the Orders were made.
5. Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any relevant requirements thereof or any regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the date on which the Orders were made, make application for the purpose to the High Court.

Date: 15th April 2013

JAMIE BLAKE
SERVICE HEAD, PUBLIC REALM

Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – OLD BETHNAL GREEN ROAD, NO LEFT TURN FROM CAMBRIDGE HEATH ROAD INTO OLD BETHNAL GREEN ROAD E2

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from proceeding in Old Bethnal Green Road between its junction with Poyser Street and its junction with Cambridge Heath Road and from turning left or turning right from Cambridge Heath Road into Old Bethnal Green Road.

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by Cedarmill Developments.

The alternative routes to vehicular traffic will be via Old Bethnal Green Road, Temple Street, Hackney Road and Cambridge Heath Road and vice versa or Old Bethnal Green Road, Canrobert Street, Bethnal Green Road and Cambridge Heath Road or Cambridge Heath Road, Bethnal Green Road, Punderson's Gardens, Middleton Street, Clarkson Street And Old Bethnal Green Road.

The restriction on vehicular traffic will operate for three weekends on the following dates at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002:

- Saturday 20th April and Sunday 21st April 2013 from 06:00 hours until 18:00 hours;
- Saturday 27th April and Sunday 28th April 2013 from 06:00 hours until 18:00 hours;
- Saturday 4th May and Sunday 5th May 2013 from 06:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Street Works Liaison Officer, Transport and Highways on 020 7364 6671 or email charlie.harrison@towerhamlets.gov.uk

Dated: 15th April 2013

Jamie Blake
Service Head, Public Realm
Anchorage House, 2 Clove Crescent, London E14 2BE

NOTICE OF APPLICATION FOR PLANNING PERMISSION

UNDER ARTICLE 13 OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 THE TOWN AND COUNTRY PLANNING ACT 1990 (AS AMENDED)

Date of notice: 15 April 2013

In accordance with the above act and related legislation, notice is hereby given that the application forms, plans and other documents submitted in relation to the proposal noted below may be examined at the London Legacy Development Corporation reception Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. The reception is open from 09:00 – 17:00 Monday to Friday by appointment only telephone number 020 3288 8820. The above documents are also available to download from the Planning Register on the Planning Policy and Decisions Team website www.londonlegacy.co.uk/planning. Anyone who wishes to make comments about the application should write to the address below quoting the relevant Application Reference Number: Director of Planning Policy and Decisions Team, London Legacy Development Corporation, Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. Alternatively comments can be made by email to: planningenquiries@londonlegacy.co.uk Comments should be submitted within 21 days of the date of this notice and should be received by 6 May 2013. Application Reference No: 12/00066/FUM Application Site: Olympic Stadium Site PDZ3 Olympic Park London Description of Proposal: Full planning application for the transformation of the 2012 Olympic Stadium to provide a 60,000 seat multi-purpose venue with the capability of hosting top class athletics and football. The venue will have the facilities to enable it to be used for a wide range of sporting, cultural and community events, with a maximum capacity for concert events of 80,000 people, together with a community track and clubhouse, ancillary two storey concessionaire building, associated infrastructure, landscaping and retained bridges. Applicant's name: London Legacy Development Corporation Dated: 15 April 2013 Authorised by: Vivienne Ramsey On Behalf of: London Legacy Development Corporation, Planning Policy and Decisions Team.

**LONDON
LEGACY
DEVELOPMENT
CORPORATION**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – OLD CASTLE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets having consulted with Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Old Castle Street for a distance of approximately 100 metres between its junction with Wentworth Street and its junction with Pomell Way.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Optimise Thames Water.

The alternative routes will be via Old Castle Street, Whitechapel High Street, Commercial Street, White Row, Bell Lane, Brune Street, Toynbee Street and Wentworth Street or Wentworth Street, Toynbee Street, Whites Row, Bell Lane, Cobb Street, Middlesex Street, St. Botolph Street, Whitechapel High Street and Old Castle Street.

The restriction on vehicular traffic will operate from Tuesday 7th May 2013 until the end of June 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002. The works are programmed for completion on Friday 31st May 2013.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Street Works Liaison Officer, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 15th April 2013

Jamie Blake
Service Head, Public Realm
Anchorage House, 2 Clove Crescent, London E14 2BE

LICENSING ACT 2003

PREMISES LICENCE OR CLUB PREMISES CERTIFICATE

We, Lovebox Festivals Ltd have applied to the London Borough of Tower Hamlets Licensing Authority on 5th April 2013.

For a Premises Licence for the following premises at: Lovebox 2013, Victoria Park, London, E9.

For the following licensable activities:

Date	Regulated Entertainment (Live music, recorded music, making music, dance, film)	Supply of Alcohol (On Sales)
Friday 19th July	14:00 – 23:00	14:00 – 22:45
Saturday 20th July	12:00 – 23:00	12:00 – 22:45
Sunday 21st July	12:00 – 22:30	12:00 – 22:15

Record of this application can be inspected at: The Licensing Department, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London, E14 1BY, during normal working hours.

Any interested party may make representation to the licensing authority no later than 5th May 2013.

Representation must be made in writing to The Licensing Department, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London, E14 1BY.

It is an offence under Section 158 of the Licensing Act 2003 to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for that offence shall not exceed level 5 on the standard scale (£5000).

**To advertise in
East End Life...**

**call Laura on
7364 0946,
Chris on 7364
4994 or Fatima
on 7364 4623**

LONDON BOROUGH OF TOWER HAMLETS
PLANNING (LISTED BUILDINGS AND
CONSERVATION AREAS) ACT 1990,
SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR
DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING
AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA
DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE
SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER
HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

63-65 Princelet Street, London E1 5LP **PA/13/00677/KHA**
The proposal is for the upgrade of the existing rooftop telecommunications site by
swapping out of 3 no. existing 3G MHA's to be replaced with 3 no. new 2G/3G
MHA's internally within the mock chimney shrouds, the swapping out of an existing
cabinet measuring 1200mm x 790mm x 1300mm high for 2 no. cabinets measuring
492mm x 560mm x 798mm high and 600mm x 480mm x 1600mm high. The
replacement cabinets are to be sited upon the existing steelwork in the space
vacated by the cabinet to be removed.

49 Quilter Street, London, E2 7BS **PA/13/00524/MCH**
Proposed improvements to existing house.

133 Brick Lane, London **PA/13/00672/KHA**
Front and Rear dormer extension to provide 3 Bedroom Maisonette

Tesco, 657 Commercial Road, London, E14 7LW **PA/13/00543/LAB**
Re-branding of Tesco Express to include: Installation of new fascia signage.
Installation of new projecting signage. Installation of new "Click and Collect and
Welcome" vinyl window graphics. Installation of new trough lighting to replace
existing. Installation of Di-Bond surround to ATM

15 - 17 Redchurch Street, London, E2 7DJ **PA/13/00720/MCH**
Erection of a projecting sign on shop front elevation.

4 Crispin Place, London, E1 6DW **PA/13/00719/SHT**
Change of use from restaurant & cafe (Use Class A3) to a drinking establishment
(Use Class A4).

91 Mile End Road, London, E1 4UJ **PA/13/00064/BEE**
Replacement of existing cultural centre and mosque.

26 Ferry Street, London, E14 3DT **PA/13/00724/IOL**
Listed building consent for re-roofing works.

Trinity Centre, Key Close, London, E1 4HG **PA/13/00718/SHA**
Installation of steel security bars to ground floor front elevation windows. 6 steel
pars are proposed per window.

Thames Shingle, 18m from 84 Narrow Street, London **PA/13/576/FDA**
New sculpture consisting of a life-sized male human figure, standing on a steel
support post, positioned on the northern Thames foreshore approximately 18m
from the southern boundary of no. 84 Narrow Street.

554-556 Roman Road, London, E3 5ES **PA/13/00766/IOL**
Change of use from a grocery retail store (A1 use), to a mixed class coffee shop
(A1/A3 use).

Metropolitan Wharf Building, 70 Wapping Wall, London **PA/13/00154/MCH**
new structural opening within an existing internal wall in the Metropolitan Wharf
building and the fit out of the space to be suitable for a restaurant (A3 use has been
previously granted).

60 Wrexham Road, London, E3 2TJ **PA/13/429/FDA**
Proposed erection of rear dormer window, together with three front rooflights and a
single storey infill extension at rear.

101 Whitechapel High Street, London, E1 7RA **PA/13/685/SHT**
Creating Mini Cab Office at the ground floor level using the vacant space of the lobby

City View Hotel, 287 Cambridge Heath Road, London, E2 0EL **PA/13/701/NAS**
Application for removal or variation of a condition following grant of planning
permission. Condition 2 (variation), Condition 4 (removal). Planning permission
dated 26 April 2012, reference number PA/11/03463.

55 Tredegar Square, London, E3 5AE **PA/13/781/BE**
Listed Building Consent sought for: Alteration to rear basement window to french
doors. Enlargement of hatch between front & rear basement rooms to doorway.
Removal of chimney breast to front basement room. Replacement of lower fight of
stair to match original. Removal of false wall to chimney breast in 2nd floor front
room. Enlargement of skylight in attic.

Railway Arches 250 To 255, Paradise Row, London, E2 **PA/13/733/PL**
The proposal is for physical refurbishment and change of use from B1/B2 and B8
to A3 commercial arches, including installation of new elevations (brickwork and
glazing), internal improvements and resurfaced private access road.

11-14 Vine Court, London **PA/12/3303/EM**
Erection of a four storey building to provide 5 x new residential units.

54 Cold Harbour, London, E14 9NS **PA/13/761/FD**
Loft conversion with rear dormer and rear ground floor extension.

55 Cottage Street, London, E14 0AA **PA/13/612/FD**
Proposed single storey rear extension (conservatory).

27 Selwyn Road, London, E3 5EA **PA/13/736/PL**
Erection of a single storey rear extension and extension to the basement.

THE FOLLOWING ARE HOUSEHOLDER APPLICATIONS AND IN THE EVENT OF AN
APPEAL AGAINST A REFUSAL OF PLANNING PERMISSION, WHICH IS TO BE DEALT
WITH ON THE BASIS OF REPRESENTATIONS IN WRITING, ANY REPRESENTATIONS
MADE ABOUT THESE APPLICATIONS WILL BE SENT TO THE SECRETARY OF STATE,
AND THERE WILL BE NO FURTHER OPPORTUNITY TO COMMENT AT APPEAL STAGE.

50 Cold Harbour, London, E14 9NS **PA/13/00688/IOL**
Single storey rear extension and one additional window to side elevation.

26 Mile End Place, London, E1 4BH **PA/13/00712/LAB**
Demolition of single storey rear addition and erection of glazed single storey side
addition and two storey rear addition

6A Newell Street, London, E14 7HR **PA/13/00561/IOL**
Erection of two storey side extension.

45 Redchurch Street, London, E2 7DJ **PA/13/708/SHT**
Installation of 2 air conditioning units to rear flat roof of building.

Copies of the applications and plans may be inspected between the hours of
9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove
Crescent, London, E14 2BG. The information will also be available on the Council's
web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your
postal address.

Any person who wishes to make representations relating to any of these applications
should do so, in writing, within a period of 21 days from the date of publication of this
notice to the Development Control Manager at the above address.

Dated: 15th April 2013
OWEN WHALLEY
Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS
TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND
COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE)
ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER
HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

91 Mile End Road, London, E1 4UJ **PA/13/00064/BEE**
Replacement of existing cultural centre and mosque.

Devons Wharf, Leven Road, London **PA/13/678/TIR**
Application for extension of time limit for implementing existing planning
permission PA/09/00109.
Redevelopment of site comprising the erection of a six and eleven storey building
to provide 7 affordable B1 units and 66 residential units together with 12 car
parking spaces, riverside walkway and public forecourt.

Copies of the applications and plans may be inspected between the hours of 9am-
5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent,
London, E14 2BG. The information will also be available on the Council's web site at
www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications
should do so, in writing, within a period of 14 days from the date of publication of this
notice to the Development Control Manager at the above address.

Dated 15th April 2013
OWEN WHALLEY
Head of Planning & Building Control



LONDON BOROUGH OF TOWER HAMLETS
LICENSING ACT 2003
NOTICE OF APPLICATION FOR A
PREMISES LICENCE

NOTICE IS GIVEN THAT HYKMAT ULLAH has
applied to London Borough of Tower Hamlets
Licensing Authority for a Premises Licence under
the Licensing Act 2003.

Premises: Perfect Fried Chicken,
491 Cambridge Heath Road, London E2 9BV
The licensable activities and timings are:
Sunday – Thursday 10.00 – 02:00
Friday – Saturday 10:00 – 04:00

Anyone who wishes to make representations
regarding this application must give notice in

writing to: The Licensing Section, London Borough
of Tower Hamlets, Mulberry Place (AH),
PO Box 55739, 5 Clove Crescent, London E14 1BY.
Website: www.towerhamlets.gov.uk
Tel: 020 7364 5008
Representations must be received no later than:
07/05/13

The Application Record and Register may be
viewed between 10am and 4pm Monday to Friday
during normal office hours at the above address.

It is an offence under Section 158 of the Licensing
Act 2003, knowingly or recklessly to make a false
statement in connection with an application and
the maximum fine for which a person is liable on
summary conviction for the offence is up to level 5
on the standard scale (£5000).



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McNess eyes final glory

Repton welterweight Sam McNess, left, is one contest away from becoming national boxing champion – the club's last hope of a senior crown in the ABA championships.

SEE PAGE 34

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Leisure centres

John Orwell Sports Centre

Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre

35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre

190 Burdett Road, E3.
8709 4420

Mile End Park Stadium

Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools

221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre

Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre

55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre

5-15 Old Ford Road, Bethnal
Green, E2.
8980 2243

Keep fit

Body conditioning

Thurs, 6.15pm. Shadwell Basin
Centre, Glamis Road, E1.
07961 951522

Coaching for juniors

Badminton & volleyball. Ages
9-16, all levels welcome. £1.
Sats, 12-2pm. Handball. for ages
9-16. £1. Sats 2-3.30pm. Bethnal
Green Academy Sports Centre,
Gosset Street, E2.
7920 7937

Fitness Boot Camp

Sat 9.30-10.30am at Mile End
Park, Grove Road, E3.
07946 312102

Hatha yoga class

Sats 9am at Yoga Place,
Bethnal Green Road, E2.
07905 944314

Keep fit

Weds, 10.15-11.15am, crèche
available. Lansbury Lodge,
117 Ricardo Street, E14.
7515 7471

'Girls' give trip a big cash boost

Football

TOWER Hamlets under-11s player Charlie Mifsud did his bit for the team's bid to get to Jersey for a prestigious football tournament.

The team, made up of the borough's best players, all want to go on the trip which will cost around £650 per player and Charlie raised £300 towards the cost by doing a sponsored run, dressed as a girl.

Charlie, along with team-mate Bobby, did 20 laps around Chisenhale Primary School, Bow, in front of the whole school and teachers, to rapturous applause.

"It was really good. We are so very proud of Charlie," said his mum Vicki.

"We would like to thank everyone who has sponsored him, from friends and family to all the local businesses, shops and market stall owners."

To help sponsor the team, contact team coach David Molloy at dmolloy.thysf@gmail.com



Charlie and Bobby, all dressed up for fund-raising

Keep fit

Weds, 11.45am-12.45pm. St
Hilda's East Community
Centre, 18 Club Row, E2.
7739 8066

Martial arts

Adults/junior kickboxing: Tues,
6.30-7.30pm; senior ju-jitsu
(male & female), Tues, 7.30-
9pm; adults/junior kickboxing
self-defence, Weds, 6.30-
7.30pm; seniors kick/Thai
boxing (male & female), Weds,
8-9.30pm. Shadwell Basin
Project Centre, Glamis Road, E1.
07811 105620

Personal training

Get fit, lose fat, tone muscles.
Unit 1, Simon House, Limehouse
Studio, 566 Cable Street, E1W.
07900 216005

Pregnancy yoga classes

Small group and private tuition.
Suitable for mums-to-be from
14 weeks onwards. Call Claire.
07958 645978

Seniors exercise

Mons, 1.30pm, line dancing;
Tues, 10.45am, workout.
London Dockers Club,
6 Boulcott Street, E1.
7790 3785

Step 'n' tone

Tues, 7pm. Shadwell Basin
Centre, Glamis Road, E1.

07961 951522

Taekwondo

Beginners welcome. Adults &
juniors. Tues 6.30-8pm and
Sun 1-3pm at Langdon Park
Sports Centre, Byron Street, E1.
8310 1469

Tai Chi

Daily, for health and self
defence. 449-453 Bethnal
Green Road, E1.
7033 3993

Tai Chi for beginners

Mons 6.15-8.15pm and Sats
9.30-11.30am at Roland Philipps
Scout Hall, Aylward Street, E1.
Also, Fri 6.30-8.30pm at St
Barnabas Church, corner of
Grove and Roman Road, E3. £7.
07748 985209

Women's keep fit

Tues & Thurs, 10.30-11.30am,
£2. Garret Centre, 117 Mansford
Street, E2.
7739 7241

Women's keep fit class

For all ages. Sats, 1.30-3pm.
Diesel Gym, Top Floor, Simon
House, Butchers Row, E1W.

Yoga

Hatha yoga, women only, Sats,
11.45am-1pm. Warrior power
flow, Mons 7-8.15pm. Deep
yoga flow, Sats 11am-12.15pm.

£7.50. The Threshold Centre,
1 Ada Place, E2.

7729 2961 or 07932 576333

Zumba classes

Every Weds, 7.30-8.30pm. £5.
Tredegar Community Centre,
333 Morville Street, E3.
07884 168176

Zumba Fit

Fun and energetic class.
All levels welcome. £5.
Every Weds, 6.30-7.15pm.
Bow Methodist Church, 1
Merchant Street, E3.
07592 140590

Sport

Crickets coaching

Under-11s and under-13s –
Weds, 4-5.30pm; under-16s –
Tues, 4.30-6pm; ages 16+ –
Thurs 5-8pm. Dockland
Settlements, 197 East Ferry
Road, E14.

Berner Football Academy

Under-12s, part of TH Youth
League. Matches on Sat, train
on Sun. Christian Street Ball
Court, Berner Estate, E1.
07960 434110

Football training

Sat, 9-11am for boys and girls
aged 5-11, Mulberry School for
Girls, Richard Street, E1; 12-1pm
for ages 3-5. St Patrick's School,

Dundee Street, E1W.
07956 095218

Kibondo

Martial art for age 6 and
over. Mons, 6.30-8pm.
Fri, 6.30-7.30pm, children;
8-9pm, adults. £3.50 adults,
£2.50 children, first lesson
free. Teviot Centre, Wyves
Street, E14.
07956 428654

Kickboxing and self-defence

£5 per class. Suns, 1pm;
Tues, 7pm (women only).
Whitechapel Sports Centre,
Durward Street, E1.
07952 872362

Kung fu

Wong Shun Leung system of
ving tsun. Weds, 8-9pm. £7,
adults only (kids classes soon).
St John's Church Hall, 200
Cambridge Heath Road, E2.
07930 609379

Kung fu and self-defence

Mon, 7.30-9pm. 2nd floor,
56-60 Nelson Street, E1.
07947 126852

Kung fu fitness

Mons 7-9pm. Bryant Street
Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women

KO London, 186 The Arches,

Globe Road, E2. Sat 3-4.15 £7
concs, £9 waged.

7265 9693

Multi Sports

Every Sat, 2-5pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Netball

Arbour Netball Club train at
the Parkside Leisure Centre at
Mulberry School, Commercial
Road, E1 every Monday night.
01277 811772

Rugby – men, women, youths

Millwall Rugby Club. Suns,
10.30am-12noon (youth);
Mons, 7.30-9pm (adults);
Weds, 7.30-9pm (men);
Thurs. 6.30-7.30pm (boys
aged 7-17); Thurs, 7.30-9pm
(women all ages).

07963 5833655

Sun kune do

Mons, 7-8.15pm. Adults £4.50,
ages 10-16, £3.50.
Lifra Hall, 7 Halley Street, E1.

Table Tennis Club

Every Sat, 10am-12pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Taekwondo classes

Taster class £5 for adults,
£3 for children aged five to 14.
Normal price adults £50 per
month, £40 per month.
Easy Studio, 60-64 Kingsland
Road, E2.
7033 4660

Women's football

Train with East London Ladies
FC at Whitechapel Sports
Centre, Durward Street, E1.
Mon, 8-9pm, ages 16+. Free.
www.eastlondonladiesfc.co.uk

Women's running

Network Group. Weds, 6.30pm.
Mile End Stadium, Rhodeswell
Road, E14.
07958 368070

Women's self-defence

Mons, 7-8.15pm, £5 adults/
£3.50 children. John Orwell
Sports Centre, Tench Street, E1.
07949 597965

Email listings to [eastendlife.
news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)

Millwall hit back

Millwall Rugby Club came from 7-0 down to beat Dagenham 17-39 and boost their hopes of survival.

SEE BELOW

Sport

East London end season in style to keep unbeaten run

Hockey

EAST London Hockey's first team ended their title-winning season in style as they extended their unbeaten run in the division to 22 matches.

Top goalscorer Adam Lord was again the hero as he scored two goals in a 7-0 victory over Redbridge & Ilford last weekend.

Alex Kickham, Phil Rae, Felix Evans, James Cook and Dan Collis were also on the score-sheet as Adam Willoughby's side said goodbye to Division 2.

The ladies' first team did their own promotion chances no harm with an impressive 5-1 win at Potters Bar, leaving them in

a prime position to go up if they win their final match.

Robyn Shears scored two goals in a match that was level at half-time, before East London were able to find another gear and race away in the second half.

The club's other sides were less successful with both the men's second and sixth teams losing.

The fourths had their chance of sneaking into top spot of Division 6 scuppered by a 2-1 loss to local rivals and league champions Wapping, but there was a bright spot as the thirds kept their fight against relegation alive with a 1-1 draw against Waltham Forest.

Albion win a thriller but leave it till the last minute

Football

MILLWALL Albion played out a thrilling match with Collier Row, beating them 4-3 with a last minute winner.

The team had not played for a couple of weeks and the last time the two sides met, Collier Row ran out 4-0 winners.

A couple of players were also away because of Easter and when Collier Row took the lead it may have signalled defeat for Albion.

But they fought back and then took the lead before going 3-1 up with 20 minutes left.

Collier Row then led a remark-

able comeback of their own to make it 3-3 and enough to secure a point.

With the clock ticking down Millwall managed to find a fourth goal and the three points keep them fifth with four matches left.

"It was a top class performance from the whole team," said their manager, Lee Rabin.

"Keeper Mitchell Clark was on form again for us. I'm proud to be their manager and work with a great bunch."

Goalscorers were Elliott Adu, a fine brace from team captain Charlie McElligot and new boy Tauqeer Ahmed scored on his debut.

McNess goes marching on

Boxing

REPTON had two boxers in the elite ABA semi-finals last Saturday.

Chris Ali and Sam McNess travelled to Lewisham just a single victory away from the national finals in Sunderland.

Welterweight McNess was victorious against Golden Ring's Adam Grigg in a fight he later

described as "the toughest of my career".

Unfortunately Ali could not join him in the final as he fought bravely before losing to reigning national champion Reece Bellotti from South Oxhey.

■ Lansbury's 13-year-old prospect Farhat Salam out-pointed Barking's Callum Alboni on the Newham show at East Ham Working Men's Club.



Take a positive step forward

East London HIV charity Positive East is looking for runners to join its team for the British 10k race. The charity is giving away free places if you can raise at least £150. For details contact...

MARK.BUTCHER@POSITIVEEAST.ORG.UK

Lions roar to give their survival hopes a boost

BY TOM SHEEN

MILLWALL gave their survival hopes a huge boost with an excellent win away to a strong Dagenham team.

But it wasn't all plain sailing as a slow start saw Lions concede a try with less than a minute on the clock.

A conversion left them 7-0 down but Millwall began to grow into the game, with strong performances from the front row trio of Shaun Cooke, Rob Ralph and Martin Ward.

Millwall's first try came from a strong lineout and maul that allowed George Jenkins to touch down.

Dagenham brought the game back to 10-5, but the strong showing from the Millwall forwards provided an excellent base for Andy Long to command the backs.

Millwall's second try came from another well-worked line-out, with scrum half Iwan Thomas the scorer.

The Lions' domination in the breakdown brought further tries, from Sean Edwards



Tom Ronayne tries to break through

and then Matt Rowland, to leave the Millwall 24-10 up at the break.

The Lions' pack continued to dominate in the second half with Randall Powell and Richard Flisik catching the eye before Thomas added his second try and Matt Hopkins combined

with captain Jake Vinnicombe to cross the line.

Dagenham added a late consolation score, but Sean Allen powered over the line to finish the match at 17-39.

"It was a massive effort from the boys," said Vinnicombe. "It was very tough out there, but

we showed we can compete with any team in this league.

"Hopefully we can beat Burnham next week to put a marker out for next year.

Coach Dave Roberts said: "Our set piece was great and gave us a lot to go forward. Hopefully we can build on this game."

Battle is on for the Mayor's Cup

Football

SOME of Tower Hamlets' best footballers have been battling it out for the Mayor's Cup 2013.

More than 35 teams took part in the heat stages on April 6 and 7, bidding to qualify for the finals which were due to take place on Sunday, April 14 at Mile End Stadium.

The council, in partnership with community organisations, is hosting the third Mayor's Cup with teams entering from across East London to compete in nine categories.

Mayor Rahman said: "It is



Action from the Mayor's Cup

Photo: AZ Sports Images

extremely positive to see hundreds of young people get active and take part in the heat stage.

There has been a huge amount of talent on show already."

Mesba Ahmed, chief execu-

tive of London Tigers, said: "The tournament has been played in good spirit."

The junior heats were due to take place on April 13, with 25 teams in four age groups. There will be a staggering 300 players taking part.

The finals include:

Under 14 – Vallance FC v Somers Town Future

Under 16 – Vallance FC v Somers Town Future

Under 18 – Bethnal Green Utd v Bromley

Seniors – Bromley v London Tigers

Women's – Tower Hamlets Women FC v Kikk Talang



Lawyer puts his best foot forward

Local runners are making their final preparations for the London Marathon and among them is solicitor Jonathon Milne, who will be raising money for the Meningitis Research Foundation.

SEE BELOW

Sport



East London HIV charity Positive East is looking for runners to join its team for the British 10K, a race that goes right through the heart of London. The charity is giving away free places in its team if you pledge to raise a minimum sponsorship of £150 and

you even get a free T-shirt. For more information or to sign up email mark.butcher@positiveeast.org.uk Finally, Tower Hamlets needs runners to compete in the Battle of the Boroughs race, which will be held in Greenwich Park, on May 18.

The event will bring together competitors from 33 London boroughs to see which will be crowned the capital's running hotspot. For more information or to sign up visit www.thefixevents.com/content/battle-of-the-boroughs-2013

Charity the key for marathon hopefuls

BY TOM SHEEN

EAST ENDERS continue to pound the pavements as they enter the final stages of training for the London Marathon on Sunday, April 21.

Jonathon Milne, 28, a solicitor from Shoreditch, is running to raise money for the Meningitis Research Foundation.

"I've chosen to run the London Marathon both as a personal challenge and, to help raise awareness for a cause that has had a huge impact on my family," he said.

"My older brother Simon contracted meningitis in 1977 when he was in Taranaki Base

Hospital in New Plymouth, New Zealand, and he sadly died.

"By taking part in the race, I hope to raise awareness of this terrible disease and how quickly it strikes and help Meningitis Research Foundation continue their work into beating the disease and supporting those affected by it."

Jonathon hopes to complete the race in less than three hours, 30 minutes; to sponsor him visit www.justgiving.com/Jonathon-Milne

Bow man Bill Wright is raising money for the Sea-Change Sailing Trust who provide opportunities for young people and vulnerable adults to

learn and develop in the unique environment of a traditional Thames sailing barge.

The 62-year-old said: "I'm running the marathon to publicise the charity and raise money to support people on their training and help towards the appeal for a new vessel.

"Training has been difficult with the long, cold winter, but I'm looking forward to the fabulous support that local people give to all the runners on the day, and raising quite a bit of cash."

To sponsor Bill, visit <http://mydonate.bt.com/fundraisers/billwrightlondonmarathon>

International youth charity

The Daneford Trust, which is based in Bethnal Green, not only has one of its trustees, Cathy Bryan, running the marathon, but are also having a whole 'Fitness Fortnight', with runners in the East London Half-Marathon and the Newham 10k.

Nine members are running in the races, with a group of pupils and teachers from West Ham Park and Deptford Green schools raising money for their volunteer placements in Uganda in August.

To sponsor any of the Daneford Trust's runners, visit <http://uk.virginmoneygiving.com/team/danefordfitnessfortnight>

One of their own

Boxing stars pay tribute to Michael Norgrove following his death after a contest in London.

Ex-champions pay tribute to tragic boxer Michael

From back page

"We have fond memories of a nice guy. What has happened is a real tragedy and condolences from everybody at Repton go to Michael's family."

Repton's senior coach Tony Burns fondly remembered Norgrove who got to the National finals before turning pro in 2009.

"He showed a lot of promise and had some good wins for us – including successes in the ABA novice championships," said Burns.

"I would've liked him to have stayed longer at the club. I am sure he could have achieved more amateur titles."

Hinds was commended for his actions in the ring as onlookers said he did everything he could to ensure Norgrove was treated, with the boxer imme-

diately rushed to hospital.

Tributes from members of the professional boxing world also flooded in for the fighter, with former world champion Barry McGuigan, James DeGale, who Norgrove sparred with, and many more all expressing their condolences.

Former Repton boxer Darren Barker tweeted: "Though I didn't know you, anyone who has worn the green and gold of Repton is a brother of mine. RIP Michael Norgrove."

Another ex-Repton boxer, Frank Buglioni – who now trains with the TKO Gym in Canning Town and has a fight on April 20 at Wembley Arena – also tweeted: "RIP Michael, loved by everyone that met you mate, credit to your family and the sport of boxing. Thoughts go out to your family x."

Dockers beat the weather

Rugby league

NEWHAM Dockers junior teams returned to home action for the first time this year after a number of cancellations due to bad weather.

The West Ham based rugby league team, who have a number of Tower Hamlets residents in their ranks, are affiliated with professional Super League side London Broncos.

The U14s hosted top of the table side Medway Dragons and there were impressive performances from Ben Lazar, Alfie Sillitoe, Jordan Kennedy and Rikki Cooper, but the more ex-

perienced Medway team eventually won 64-0.

The U16s fielded six debutants to even get a team out, but put in a good show against Hemel Stags going down 52-20.

Newham's U19s then took the field against a well organised Barking & Dagenham Bulldogs outfit. Again the final score did not reflect the flow of the match as the Bulldogs ran out 58-10 winners.

Former London Broncos academy star Sean Osbourne scored in his first match since returning from knee injury in 2012.

For further information on the club visit www.eastlondonrugbyleague.com

Ruqsana's world title bid

Muay Thai

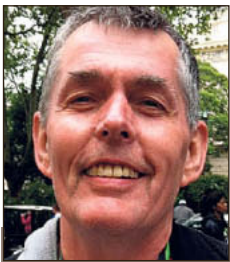
MUAY Thai fighter Ruqsana Begum was due to be in action in her first ever World Title fight as East End Life went to press.

Begum, 29, travelled to Birmingham on Saturday, April 13 to face the Italian Silvia La Notte,

holder of the prestigious ISKA World Championship belt.

"I'm looking forward to the fight, training is nearly over now. All the hard work is done," she said.

For more information and to find out the result visit Ruqsana's Facebook page, British Muay Thai.



Support Bill

Bill Wright is looking for sponsors when he runs in the London Marathon.

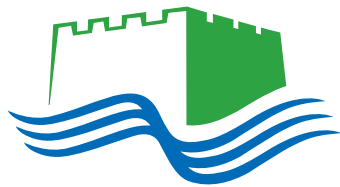
SEE PAGE 35



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 33



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

eastendsport



Michael Norgrove during his Repton amateur career

Repton tribute to a real gentleman

Club mourns ex-member who died after sixth pro fight

BY TOM SHEEN

TRIBUTES have flooded in for former Repton boxer Michael Norgrove who died after collapsing in the ring.

Norgrove, 31, was fighting in his sixth professional bout, against Tom Bowen at The Ring,

Blackfriars, on March 31 when referee Jeff Hinds called off the fight as he grew concerned about Norgrove's erratic behaviour.

He died nine days after developing a blood clot on the brain – the first boxer to die after a fight in Britain since James Murray, in Glasgow in 1995.

Zambian-born Norgrove, who lived in Woodford Green, was an extremely popular member of Bethnal Green's Repton club.

"Michael will be remembered by everyone at the club as a real gentleman," said club official Kelvin Wing.

Continued on page 35

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SEE PAGE 9



History around every corner

Join Graham Barker for his latest fascinating guided walk

SEE PAGES 18 & 19



Cup heads to a grand finale

Catch up with the latest action from this year's Mayor's Cup

SEE PAGE 34

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NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY



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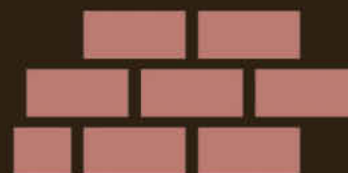
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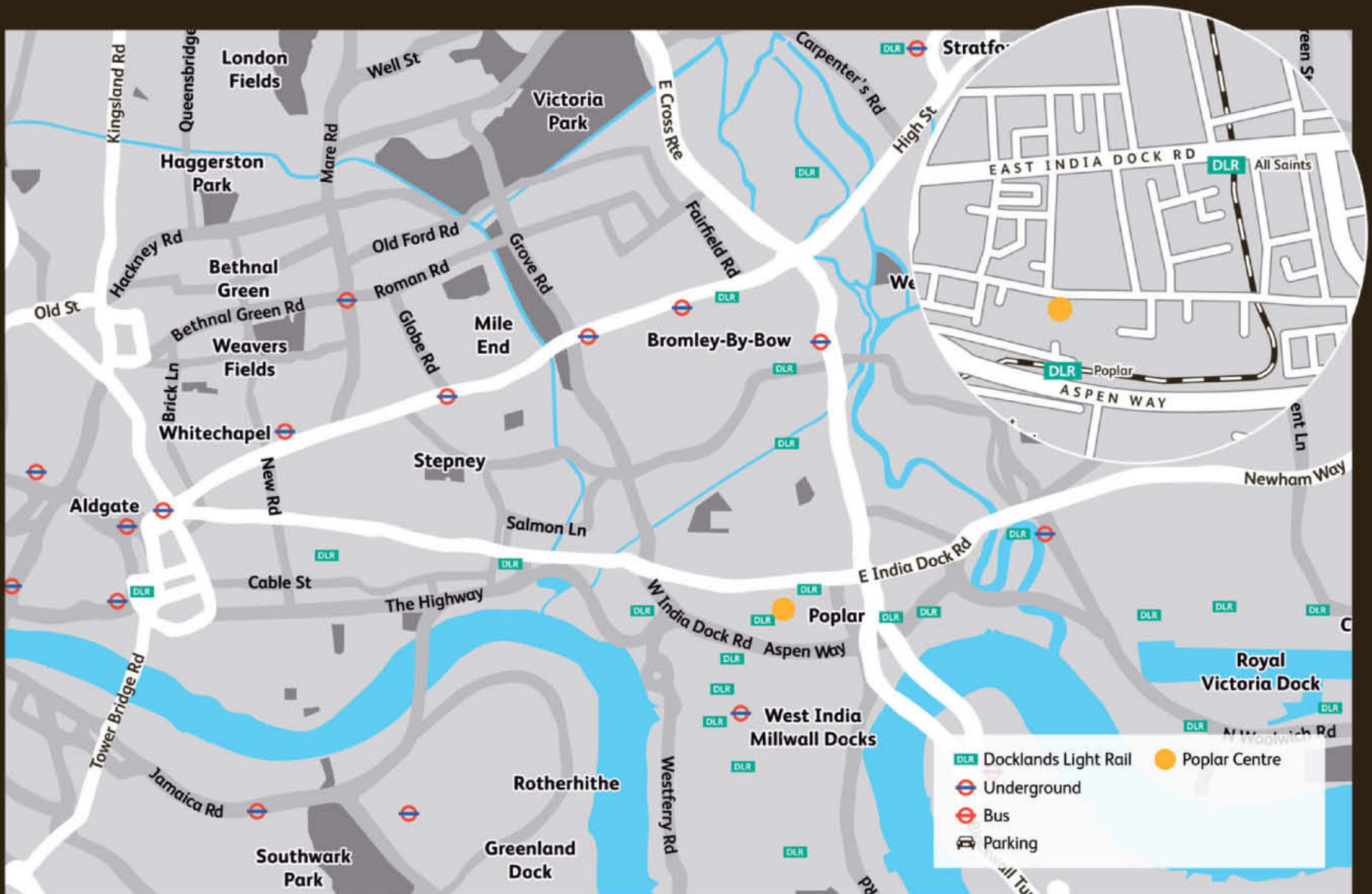
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